

express

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Tuesday



Juannessa Bennett and her lawyer celebrate.

Sex Ruling: Judge throws out 10-year sentence in teen case | **6**

Green Capitol: Lawmakers pledge to clean up their act | **9**

For the Birds: Little-known Guthrie emerges as one of the O's top arms | **19**

ENTERTAINMENT

Marilyn's Melting:

The Anti-Christ rocks about his feelings.



Plus, Zane spins sultry tales that sell.

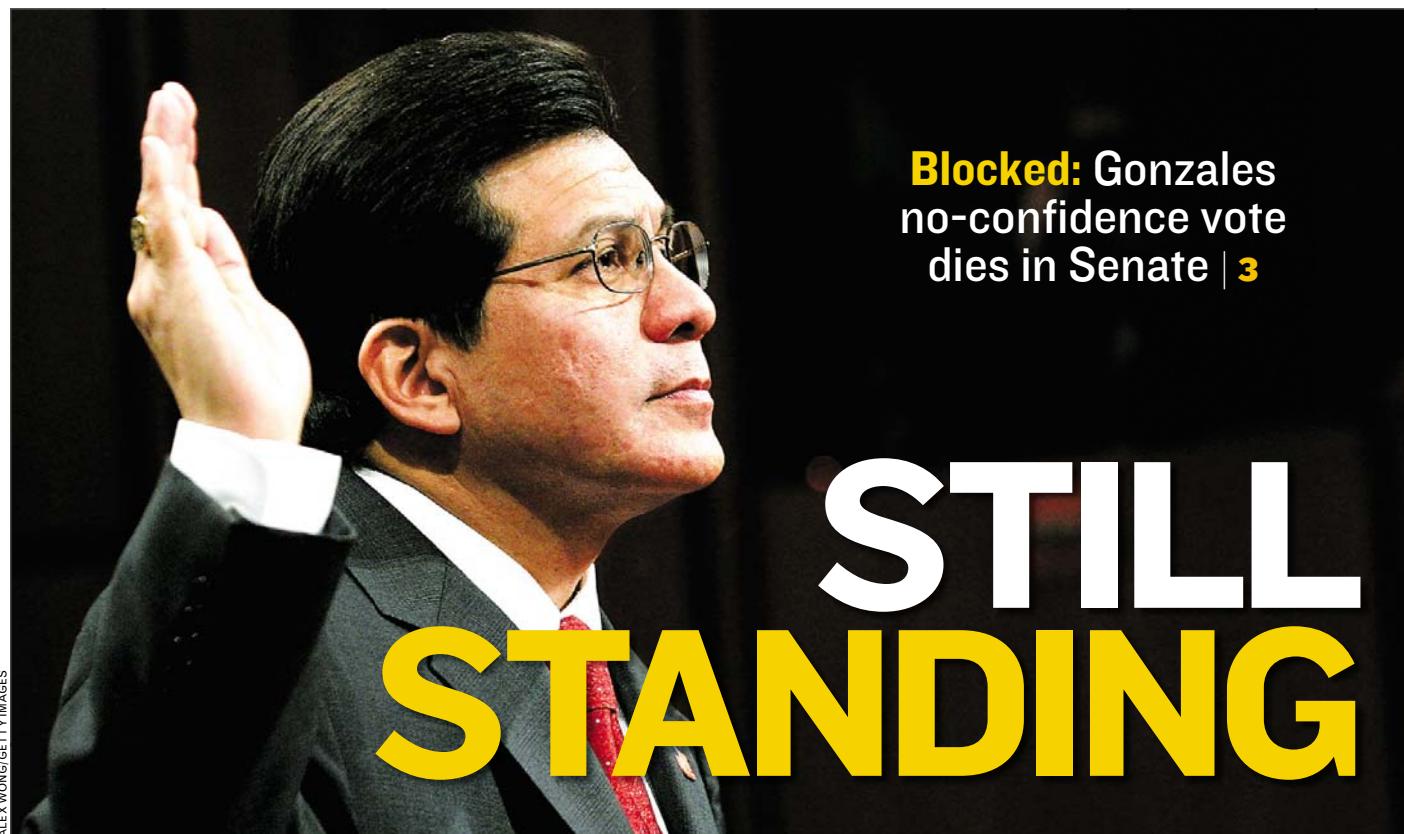
>> **II-15**

Weather >> Partly Sunny



84 | 65

FULL FORECAST ON PAGE 34



Blocked: Gonzales no-confidence vote dies in Senate | **3**

STILL STANDING

IN THE CROSSFIRE: Senate Democrats leveled blistering criticism at Attorney General Alberto Gonzales, but were unable to mount a no-confidence vote.

Panel Rules for 'Combatant'

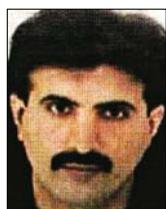
In rebuke, judges reject Bush policy on indefinite detentions

RICHMOND, VA. | A divided panel from a conservative federal appeals court delivered a harsh rebuke to the Bush administration's anti-terrorism strategy Monday, ruling that U.S. residents cannot be locked up indefinitely as "enemy combatants" without being charged.

The three-judge panel of the 4th U.S. Circuit Court of Appeals ruled that the government should charge Ali al-Marri, a legal U.S. resident and the only suspected enemy combatant on American soil, or release him from military custody.

The federal Military Commissions Act doesn't strip al-Marri of his constitutional right to challenge his accusers in court, the judges found in Monday's 2-1 decision.

"Put simply, the Constitution does not allow the President to order the military to seize civilians residing within the United States and then detain them indefinitely without criminal process, and this is so even if he calls



al-Marri

them 'enemy combatants,'" the court said.

Such detention "would have disastrous consequences for the Constitution — and the country," Judge Diana G. Motz wrote in the majority opinion.

"This is a landmark victory for the rule of law and a defeat for unchecked executive power," al-Marri's lawyer, Jonathan Hafetz, said in a statement. "It affirms the basic constitutional rights of all individuals — citizens and immigrants — in the United States."

The government intends to ask the full 4th Circuit to hear the case, Justice Department spokesman Dean Boyd said.

ZINIE CHEN SAMPSON (AP)

EXTREMITIES | Digital Dunce An Australian man who lost part of his finger in a bar brawl walked out of the pub and down the street before he noticed it was gone, authorities said Monday. "He didn't know it was missing until he left," police Inspector Mark



Kellert told a Sydney newspaper. "He was out on the street and realized there was blood on his hand, noticed his finger was missing, and went to hospital." Security guards later found the severed finger in the pub's bathroom. (AP) **EyeOpeners** | Page 2

eyeOpeners

MAKE IT STOP

Guinness Book Files Restraining Order

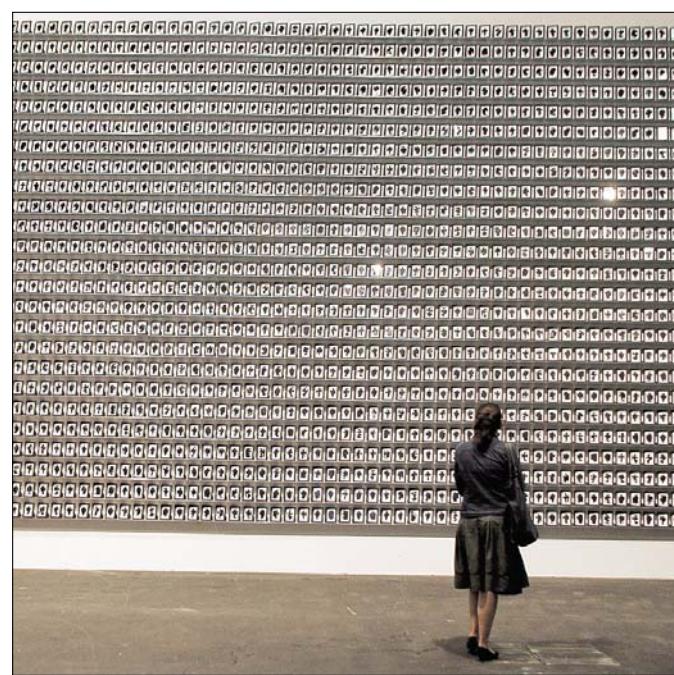
A comedian and magician, who figures he has twisted and tied more than 250,000 balloon animals in his career, is hoping a bright blue poodle will break a Guinness world record. Chris Linn, 31, of Sterling Heights, Mich., filmed an attempt last week to break the speed record for making a balloon dog behind the back. Linn's time: 5.94 seconds; the prior record was 7.47 seconds. Linn tied 1,500 balloon poodles in preparation for an obscure world record. "The key is just being able to contain and control all the bubbles when you're twisting them," he said. Linn made his first balloon dog at age 10. (AP)



SOCIETY

Raggedy World Is a Matriarchy

Devotees gathering at a weekend festival in Arcola, Ill., to honor the nation's most iconic rag dolls hope a petition drive will persuade officials to induct Raggedy Andy into the National Toy Hall of Fame. Organizers at the 18th annual Raggedy Ann and Andy Festival said they've already collected at least 10,000 signatures on a petition to add Andy to the institution along side his famous sister. Ann entered the Rochester, N.Y.-based Hall of Fame in 2002. "Ann and Andy are meant to be together," said Tom Wannamaker, who owns the Raggedy Ann and Andy Museum with his wife, Joni. (AP)



GEORGIOS KEPHALAS/AP

ART

Here, Have a Shape

Oh crazy artists, how we love you and your hopelessly ambitious conceptual works. Artist Allan McCollum plans to generate 31 billion unique images (using 300 shapes and Adobe Illustrator) — enough to make sure there's one for every member of the world's population come its expected peak in 2050. A sampling of "The Shapes Project" is on view at the show Art38 Basel in Basel, Switzerland, this week. (AP)



SIGH

Word 'Butt' Still Uproariously Funny!

Iowa police blame a woman named Butts for stealing toilet paper from an Iowa courthouse. "She's facing potentially three years of incarceration for three rolls of toilet paper," Chief Lon Walker said, stifling a laugh as he talked about Suzanne Marie Butts. Workers at the Marshall County Courthouse had noticed toilet paper rolls were disappearing much faster than usual, Walker said. Butts, 38, was caught last week after an employee saw her taking three rolls of two-ply tissue from a storage closet. (AP)

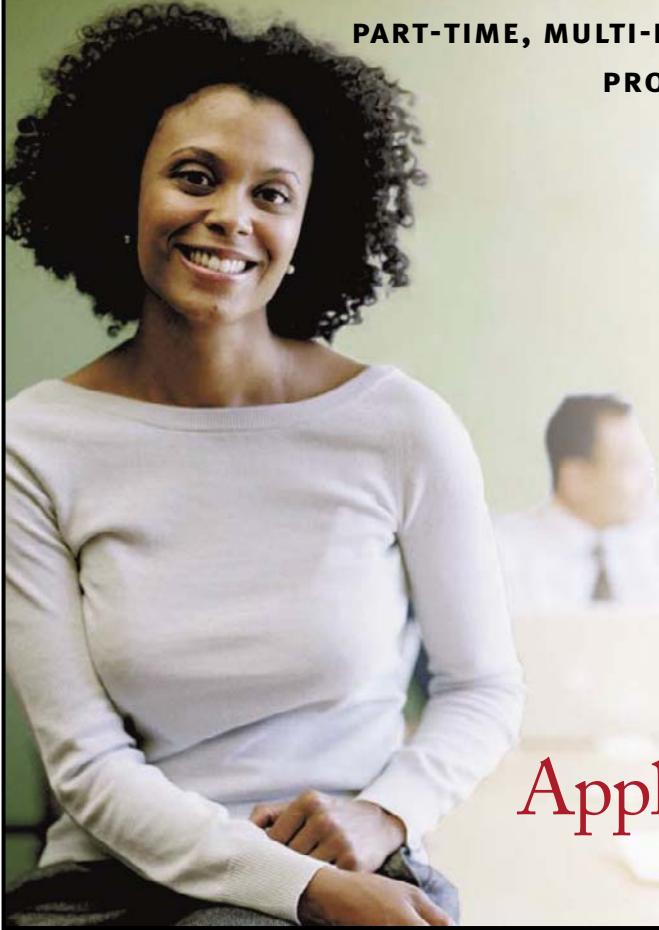
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BONO IN '08: The anti-poverty campaign of U2 singer Bono is investing \$30 million to pressure U.S. presidential candidates to focus on the issue. Former Senate Majority Leader Bill Frist is co-chair of the effort, dubbed ONE Vote '08.

Nation

In Brief



Rescue teams search for a missing soldier on Monday near Fort Hood, Texas.

FORT HOOD, TEXAS

Teams Scour Terrain for Signs of Missing Soldier

Teams of soldiers and civilians scoured the rugged Fort Hood terrain Monday for a soldier missing since he set out on a solo navigation exercise three days earlier.

Military Black Hawks and a state helicopter searched for Sgt. Lawrence G. Sprader by sky as soldiers pored over 25 square miles of terrain. Sprader, 24, was last heard from Friday about an hour before he was supposed to have completed a solo navigational mission. (AP)

WASHINGTON

Border Inspector Who Ignored TB Alert Retires

The U.S. border inspector who ignored a warning to stop a globe-trotting tuberculosis patient from entering the United States has retired, officials said Monday. Russ Knocke, a spokesman for the Department of Homeland Security, said the officer no longer works at the U.S. Customs and Border Protection agency. (AP)

Rebuke of Gonzales Fails Test Vote

GOP senators block measure expressing no confidence in AG

WASHINGTON | Republicans blocked the Senate's no-confidence vote on Attorney General Alberto Gonzales Monday, rejecting a symbolic Democratic effort to prod him from office despite blistering criticism from lawmakers in both parties.

The 53-38 vote to move the resolution to full debate fell seven short of the 60 required. In bring-

ing the matter up, Democrats dared Republicans to vote their true feelings about an attorney general who has alienated even the White House's strongest defenders by bungling the firings of federal prosecutors and claiming not to recall the details.

Republicans did not defend him, but most voted against moving the resolution ahead.



Gonzales

Short of impeachment, Congress has no authority to oust a Cabinet member, but Democrats were trying anew to give him a push. President Bush continued to stand by his long-time friend and legal adviser.

"They can have their votes of no confidence, but it's not going to make the determination about who serves in my government," Bush said.

The attorney general said he was paying no attention to the rhetoric on Capitol Hill.

"I am not focusing on what the Senate is doing," Gonzales said. "I

am going to be focusing on what the American people expect of the attorney general of the United States and this great Department of Justice."

One veteran Republican said Gonzales had used up all his political capital in the Senate.

"There is no confidence in the attorney general on this side of the aisle," said Arlen Specter, R-Pa.

Specter voted to move the resolution forward, but he said many of his GOP colleagues would not because they feared political retribution. LAURIE KELLMAN (AP)

LAS CRUCES, N.M. | THE BOND BEFORE BATTLE



SHARVIA PANDO/AP

CALLED TO ACTION: Soldiers with C Company of the 200th Infantry of the New Mexico National Guard pray before the start of a Yellow Ribbon departure ceremony on Monday at the National Guard Armory. The 125 soldiers with C Company were headed to Fort Dix, N.J., for additional training before deploying to Iraq for a 15-month tour of duty.

Military Jets Collide in Alaska During Training

ANCHORAGE, ALASKA | An F-15 fighter jet crashed Monday after colliding in mid-air with another military jet during a training exercise, Air Force officials said. The other jet landed safely, and no one was seriously injured.

It was not immediately clear why the two jets collided about 90 miles east of Fairbanks in Alaska's interior, said Jennifer Antona, a spokeswoman at Eielson Air Force Base near Fairbanks. A board of Air Force officers will investigate the crash.

The \$27 million F-15C that crashed was from Langley Air Force Base, Va., and the F-16C was from Nellis Air Force Base, Nev. (AP)



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Nation

5,101

The total number of new recruits signed up by the Army in May, short of its goal of 5,500. It is the Army's first significant recruiting slip in two years.

Anti-Terror Effort Expands

NYC police using new technology to scan for radiation in vehicles

NEW YORK | Days after New York authorities announced a suspected terrorist plot targeting Kennedy International Airport, police at a checkpoint in downtown Manhattan were confronted with another threat: a grimy, radioactive truck.

"We have a mystery vehicle here," Deputy Inspector Hugh O'Rourke observed as his radiation detector crackled.

O'Rourke's concern eased after officers discovered that the truck carried an industrial vacuum used to clean out boilers. Isotopes from soot caused the high reading.

Though the truck was harmless, the inspection illustrates the New York Police Department's fear that the commercial trucks rumbling through the city each day could be instruments of terror. In response, police have stepped up inspections and introduced new technology to



A sign on the corner of 6th Avenue and Canal Street in New York City warns motorists they are subject to inspection at a checkpoint near the Holland tunnel.

thwart possible plots.

"We've always been concerned about the potential for trucks and other vehicles to be used to convey explosives or other weapons," Police Commissioner Raymond Kelly said.

The 36,000-officer department has been developing mobile radia-

tion detectors that can be mounted on cars or bicycles to alert officers to evidence of a "dirty bomb," an explosive designed to contaminate areas with radioactive debris.

Officers on the streets and in the subways also have begun wearing pager-like radiation detectors on their belts. **TOM HAYS (AP)**

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Nation

Sentenced Tossed In Teen Sex Case

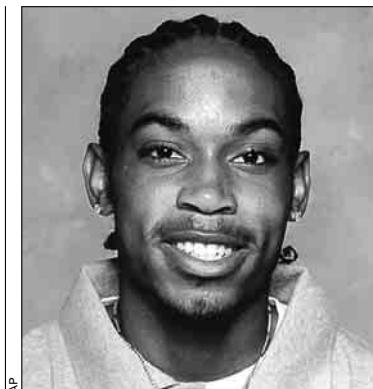
Judge nullifies 10-year
term for man jailed for
sex with a fellow teen

ATLANTA | A Georgia judge ordered the release Monday of Genarlow Wilson, who was sentenced to 10 years in prison for consensual oral sex with a 15-year-old girl when he was 17 — a sentence that had been widely criticized as grossly disproportionate to the crime.

Georgia Attorney General Thurbert Baker said Monday afternoon that he had filed notice of appeal, arguing that Georgia law does not give a judge authority to reduce or modify the sentence imposed by the trial court.

The judge's ruling Monday threw out Wilson's 10-year sentence and amended it to misdemeanor aggravated child molestation with a 12-month term, plus credit for time served, and he would not be required to register as a sex offender.

A jury had found Wilson guilty



Genarlow Wilson was found guilty of aggravated child molestation in 2005.

in 2005 of aggravated child molestation for having oral sex with a 15-year-old girl during a 2003 New Year's Eve party. Although the sex act was consensual, it was illegal under Georgia law.

When the judge's order arrived Monday morning, Wilson's lawyers hugged his mother, Juannessa Bennett, who wiped away tears.

"I just feel like a miracle happened," Bennett said. (AP)

INTERNATIONAL SPACE STATION | FLOAT ON



AP/NASA

SPACED OUT: U.S. astronaut James Reilly goes for a spacewalk on Monday. NASA said Reilly was working to connect the orbiting outpost's newest addition: a 35,000-pound segment that will increase its power capability.



Allstate Indemnity Company, Northbrook, IL. ©2007 Allstate Insurance Company



I SAW U: An international conference on endangered species banned almost all trade Monday in sawfish — large shark-like rays whose long snouts bristling with teeth are in high demand among collectors. The panel also regulated trade in the European eel.

World

In Brief



President Bush and Bulgarian leader Georgi Parvanov review an honor guard.

SOFIA, BULGARIA

Bush Wraps Up Trip Abroad With Final Stop in Bulgaria

President Bush braced for political problems at home as he headed back to Washington Monday with the cheers from his European trip still ringing in his ears. Thousands of Bulgarians lined the cobblestoned main street through Nevsky Square as Bush and President Georgi Parvanov watched troops goose-stepping to military music. Bush prayed before a wreath at an eternal flame that marks Bulgaria's tomb of the unknown soldier. Bulgaria was Bush's last stop on a six-country journey. (AP)

NAIROBI, KENYA

Explosion Kills 2 in Business District; Cause Still Unclear

An explosion in the Kenyan capital's packed business district Monday killed two people and injured more than 30, leaving behind a corpse with half his body blown away and sending hundreds of rush-hour commuters ducking for cover from flying shrapnel. The cause of the blast outside the Ambassadeur Hotel was not immediately clear, but Police Commissioner Mohamed Hussein Ali said it was "something that somebody was carrying." (AP)

CHITTAGONG, BANGLADESH

Powerful Mudslides, Floods Leave at Least 67 Dead

Mudslides caused by monsoon rains buried bamboo and straw shacks in shantytowns and collapsed brick houses in southeastern Bangladesh Monday, killing at least 67 people. Another 11 died when they were struck by lightning, rescue officials and witnesses said. (AP)

Fraud Alleged in Egyptian Election

Police reportedly bar opposition voters from polls; violence kills 1

CAIRO, EGYPT | Lines of police barred opposition voters from some polling stations Monday, and violence erupted between supporters of rival candidates, killing one person and marring the elections for Egypt's upper house of parliament.

The balloting was the latest showdown between the entrenched ruling party and the Muslim Broth-

erhood, Egypt's most powerful opposition group, which has been the subject of a fierce government crackdown in recent months.

More than 400 Brotherhood members were arrested, police said. The group accused the government of barring many more from polling stations and rigging the vote. The government denied the allegations.

"We want to vote!" a crowd of supporters of an independent candidate chanted outside a polling station in Giza in front of riot



A woman speaks to riot police at the entrance to a polling station in Giza.

police who blocked the entrance. Police officers at the site said the supporters were not registered to vote, although dozens waved what appeared to be voting cards.

The Muslim Brotherhood stunned the government by scoring large victories in 2005 elections for parliament's lower house, winning more than a fifth of the body's seats to become the largest opposition bloc. Since then, security forces have arrested hundreds of its members, and several of its leaders are on trial in a military court. (AP)

CHINA | REDEFINING FAMILY IN A CHANGING NATION



TRAVIS FOX/WASHINGTONPOST.COM

TRADING PLACES: The economic boom reverberating across China has obscured the breakdown of a pillar of Chinese society — the family. In a special online video presentation, washingtonpost.com video journalist Travis Fox and Washington Post reporter Maureen Fan examine the struggles and evolution of the Chinese family as skylines rise and China opens its doors wider to Western values. **Transformations:** Visit www.washingtonpost.com/world to view the report

Palestinian Infighting Leaves 17 Dead

GAZA CITY, GAZA STRIP | Rival gunmen exchanged fire at two Gaza hospitals on Monday and Cabinet ministers fled their weekly meeting after the government headquarters was caught in the crossfire of a brutal day of infighting that killed 17 Palestinians.

The battles came a day after two militants from the rival Hamas and

Fatah factions were dragged onto high-rise rooftops and thrown to their death in a power struggle that appears to be rapidly descending into all-out confrontation.

After sundown Monday, gunmen, apparently from Hamas, laid siege to the house of Jamal Abu al-Jediyen, the senior Fatah official in northern Gaza. They then dragged

him outside and killed him, security officials said. Medics said he was hit by 45 bullets.

Fatah spokesman Maher Mikdad harshly denounced the killing and threatened revenge.

"What is this, if not a war," he said.

Two other Palestinians were killed in battles late Monday night in northern Gaza, security and hospital officials said. (AP)

Iraqi Roads Targeted In Attacks

Latest blast comes as lawmakers vote to oust speaker of parliament

BAGHDAD | Suspected al-Qaeda bombers stepped up attacks on key transportation arteries, striking a bridge north of the capital Monday a day after shutting the superhighway south of Baghdad with a huge explosion that collapsed an overpass and killed three U.S. soldiers.

The latest attack, a parked truck bomb, blew apart the bridge that carries traffic over the Diyala River in Baqouba, police said on condition of anonymity. There were no casualties, but motorists and truckers now must use a road that runs through al-Qaeda-controlled territory to reach important nearby cities.

Tumult also arose in Iraq's fragile political structure Monday when lawmakers declared themselves fed up with the parliament speaker and voted to oust the controversial Sunni politician from his powerful post.

Mahmoud al-Mashhadani is a physician who was jailed by Saddam Hussein and who had said from the parliament speaker's chair that those who attack American forces should be treated as heroes. QASSIM ABDUL-ZAHRA (AP)



SHARK SNAFU: The Humane Society has begun a campaign to put an end to the annual Ocean City Shark Tournament, saying shark fishing techniques are barbaric and harm dwindling populations of thresher, blue and mako sharks.

Local

In Brief

ANNAPOLIS, MD.

O'Malley Diagnosed With Stress Fracture in Shin Bone

Gov. Martin O'Malley has been diagnosed with a stress fracture in his left tibia, an injury related to the running part of his exercise routine. The governor will need to use crutches for the next six weeks. The injury did not keep O'Malley from attending the 20th anniversary of the Patuxent River Wade-In in southern Maryland, where he participated by walking into the water with his crutches. (AP)

CROFTON, MD.

Man Dies After Race Car Crash During Competition

A race car went out of control, crashed into a wall and overturned during a competition at the Capital Raceway in Crofton, killing the driver, authorities said. The crash was reported at 6:44 p.m. Saturday, according to the Anne Arundel County Police Department. Authorities identified the victim as Timothy J. Powell. (AP)

SILVER SPRING, MD.

IED Found Outside of Bel Pre Elementary School

A construction worker found an already detonated improvised explosive device outside of Bel Pre Elementary School Monday morning. Montgomery County Fire and Rescue Department spokesman Pete Piringer says the bomb squad checked it out and determined that it had already been detonated or someone had attempted to detonate it. (AP)

ANNAPOLIS, MD.

Chesapeake Bay Program Releases Bleak Report

The Chesapeake Bay Program on Monday released a summer forecast that predicted a recurrence of low-oxygen zones in the middle portion of the Chesapeake, with some areas so low in oxygen most fish can't survive there. The report by the federal-state agency also predicted a "moderate-to-high" chance of a harmful algae bloom early this summer in the Potomac River, with the bloom stretching 10 miles to 20 miles. (AP)

Va. Tech Families Demand Voice

Relatives of victims say they feel 'ostracized' by gubernatorial panel

FAIRFAX, VA. | Relatives of the Virginia Tech shooting victims demanded representation Monday on a gubernatorial panel studying the killings, saying in a letter that they feel "ostracized."

They also questioned the status of a memorial fund that has generated millions of dollars to honor the 32 victims of the student gunman.

"We are angry about being ostracized from a government-chartered panel investigating a government-sponsored university, and about how the university has used the names and images of our loved ones to



Mike White holds a picture of his daughter, Nicole, who was killed in the Virginia Tech school shootings, at an Independent Virginia Tech Incident Review Panel meeting.

raise millions of dollars without any consultation," the families said in a statement presented to the review board Monday during its third public meeting.

Gov. Timothy M. Kaine's spokesman said the governor wanted "specialized expertise" when he named the panel, which includes former Secretary of Homeland Security Tom Ridge, psychiatrists, educational specialists and former law enforcement officials.

"Family is important to us. It's also important, I think, to the governor that he have a panel that was viewed as being totally objective and not driven by emotions," said panel Chairman W. Gerald Massengill, a former Virginia State Police superintendent.

KRISTEN GELINEAU (AP)

Capitol Complex Vows To Clean Up Its Act

WASHINGTON | Congress says it is going to join the war against global warming by cleaning up its own backyard, now cluttered with a coal-burning power plant, a fleet of fuel-inefficient vehicles and old-fashioned lights.

House Speaker Nancy Pelosi has set a goal of making House operations carbon neutral during this session of Congress, meaning the House would remove as much carbon dioxide from the atmosphere as it adds by the end of next year.

"The House must lead by exam-

ple and it is time for Congress to act on its own carbon footprint," Pelosi said in announcing the initiative that would also shift the House to 100 percent renewable electric power.

Sen. John Kerry has sponsored legislation with the long-term aim of making the entire Capitol complex carbon neutral by 2020.

The Capitol complex now accounts for about 316,000 metric tons of greenhouse gas emissions a year, the same as 57,455 cars.

JIM ABRAMS (AP)

Midshipmen Testify in Voyeur Case

WASHINGTON | Two former Naval Academy midshipmen testified Monday that they believe a Navy doctor who hosted them in his home used a hidden camera to tape them having sex with their girlfriends and record other midshipmen engaged in sexual acts.

The two men said they found digital videos and tape recordings

of themselves and other midshipmen in Cmdr. Kevin Ronan's three-bedroom house near the Annapolis military school.

Ronan is assigned to the Navy's Bureau of Medicine and Surgery, but was previously a team physician for Naval Academy sports teams and a medical officer in the midshipman dorm. (AP)

The Lotteries

Monday, June 11

DISTRICT

Mid-day Lucky Numbers	9-9-4
Evening Lucky Numbers	8-6-7
Mid-day DC 4	4-2-2-7
Evening DC 4	3-7-8-2
Rolling Cash Five	5-35-21-20-14
Daily 6	14-11-19-6-18-33 Bonus: I

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be

MARYLAND

Mid-day Pick 3	0-8-2
Evening Pick 3	3-7-3
Mid-day Pick 4	8-3-0-6
Evening Pick 4	6-1-7-6
Match 5	I-3-6-7-39 Bonus: I3

VIRGINIA

Mid-day Pick 3	5-2-1
Evening Pick 3 (Sun.)	2-4-8
Mid-day Pick 4	4-0-4-9
Evening Pick 4 (Sun.)	9-6-1-3
Mid-day Cash 5	9-17-22-29-33
Evening Cash 5 (Sun.)	5-6-11-18-29

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Money

Boomers Stay on the Job

Longer lives, higher
prices mean many
will delay retirement

WASHINGTON | As the baby boomers begin to ease into their 60s, most expect to delay retirement longer than their parents or grandparents.

That's good, because many can't afford to stop working anytime soon.

Two new reports portray aging boomers as better educated, with higher incomes and longer life expectancies than previous generations. They also have fewer children and are less likely to be married, leaving them with fewer options if they need help in their old age.

"That one child they had will be very valuable," said William Frey, a demographer at the Brookings Institution, a Washington think tank.

Frey is releasing a report Tuesday that says higher rates of divorce and separation could result in greater financial hardship for aging baby boomers. In 1980, about two-thirds of Americans age 55 to 64 lived in married-couple households. That percentage fell to less than 58 percent in 2005.

There are about 78 million baby boomers, those born from 1946 to 1964. Some will continue working by choice — a government survey shows that most U.S. workers nearing retirement age want to gradually reduce their workload rather than abruptly stop.

Others will have to stay on the job as fewer companies offer health insurance to retirees and an alarming number of private pensions fail.

The National Institute on Aging, a government research agency, is also releasing a compilation of data Tuesday from the national Health and Retirement Study. The data paint a picture of aging baby boomers facing longer, more active lives, coupled with rising costs for health care and other services.

"People are living longer, and the extra years of life, which I think have been one of the crowning achievements of the last century, have to be financed somehow," Richard Suzman of the National Institute of Aging said. (AP)

In Brief

SAN FRANCISCO

Apple Launches Safari Web Browser for Windows PCs

Apple Inc. launched a version of its Safari Web browser for Windows-based PCs on Monday, pitting it against Microsoft Corp.'s dominant Internet Explorer and Mozilla's Firefox. "What we've got here is the most innovative browser in the

world and the most powerful browser in the world," Apple CEO Steve Jobs said during his keynote speech at the company's Worldwide Developers Conference. Safari, which was released a few years ago for Apple's Macintosh computers, has captured about 5 percent of the world's browser market share, Jobs said. (AP)

NEW YORK

Blackstone Group Founders To Pocket Millions Off IPO

The chief executive of Blackstone

Group will pocket \$449.2 million and hold about 24 percent of the company after it goes public, the private equity firm said in a regulatory filing Monday. Stephen Schwarzman, 60, also received cash payouts worth nearly \$400 million last year. Schwarzman founded the Blackstone firm with Peter Peterson, 80, in 1997. Peterson, the senior chairman, will receive \$1.88 billion from the public offering and hold about 4 percent of the company. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
EMCOR	70.10	+5.42	+8.4
CNX Gas	30.35	+2.16	+7.7
VeraSun	15.46	+.89	+6.1
Wellmn	3.15	+.17	+5.7
UST Inc	54.35	+2.87	+5.6

Losers

QwestCm	9.36	-.81	-8.0
Unif	2.69	-.21	-7.2
USSteel	116.20	-8.85	-7.1
Tredgar	20.98	-1.50	-6.7
AZZ Inc s	30.95	-2.04	-6.2

Rates

	CURRENT	PREVIOUS WEEK	TODAY	PREVIOUS DAY	YEAR AGO
Prime Rate	8.25	8.25	.5078	.5084	.5431
Fed Funds close	5.26	5.25	1.0609	1.0610	1.1063
3-month disc	4.59	4.71	.7486	.7484	.7909
2-year	4.98	4.95	121.77	121.68	113.92
10-year	5.13	4.92	10.8946	10.9133	11.3888
30-year	5.24	5.02	33.11	33.10	32.40

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
BackYard	6.26	+1.21	+24.0
Meditation	19.80	+3.62	+22.4
Quespasa n	6.31	+.99	+18.6
Neuroch g	6.81	+1.06	+18.4
lomai	2.10	-.04	-1.9

Losers

GenVec	2.80	-.46	-14.1
FrstAvi	2.20	-.33	-13.0
Limelight n	20.25	-1.93	-8.7
ColumLab	2.25	-.21	-8.5
TRX h	2.89	-.26	-8.3

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5078	.5084	.5431
Canadian Dollar	1.0609	1.0610	1.1063
European Euro	.7486	.7484	.7909
Japanese Yen	121.77	121.68	113.92
Mexican Peso	10.8946	10.9133	11.3888
Taiwanese Dollar	33.11	33.10	32.40

DOW

+0.57

13424.96

NASDAQ

-1.39

2572.15

S&P 500

+1.45

1509.12

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	57.41	+.04	-16.0
Amylin	41.62	+.53	+15.4
BiogenIdec	51.21	-.32	+4.1
Celgene	59.86	+1.39	+4.1
ChRvLab	52.95	+.01	+22.4
GenProbe	55.88	+.29	+6.7
Genentech	76.89	-.08	-5.2
Genzyme	65.26	+.11	+6.0
GileadSci	79.22	+.22	+22.0
Imclone	38.07	-.15	+42.3
Invitrogen	74.02	+1.18	+30.8
MedImmune	57.90	+.01	+78.9
MillPhar	10.27	-.03	-5.8
PDL Bio	24.91	+.13	+23.7
VertxPh	27.17	-.56	-27.4

IT'S TEARIN' UP OUR HEARTS: Lou Pearlman brought us the Backstreet Boys and N'Sync, and allegedly ripped them both off. Now he's hundreds of millions in debt. As JT once said: What goes around, comes all the way back around.



Entertainment

Queen of Steamy Lit

Eroticist Zane shuns cultural taboo — and sells a lot of books

FAKE NAME | Zane never intended to surround herself in mystery and intrigue.

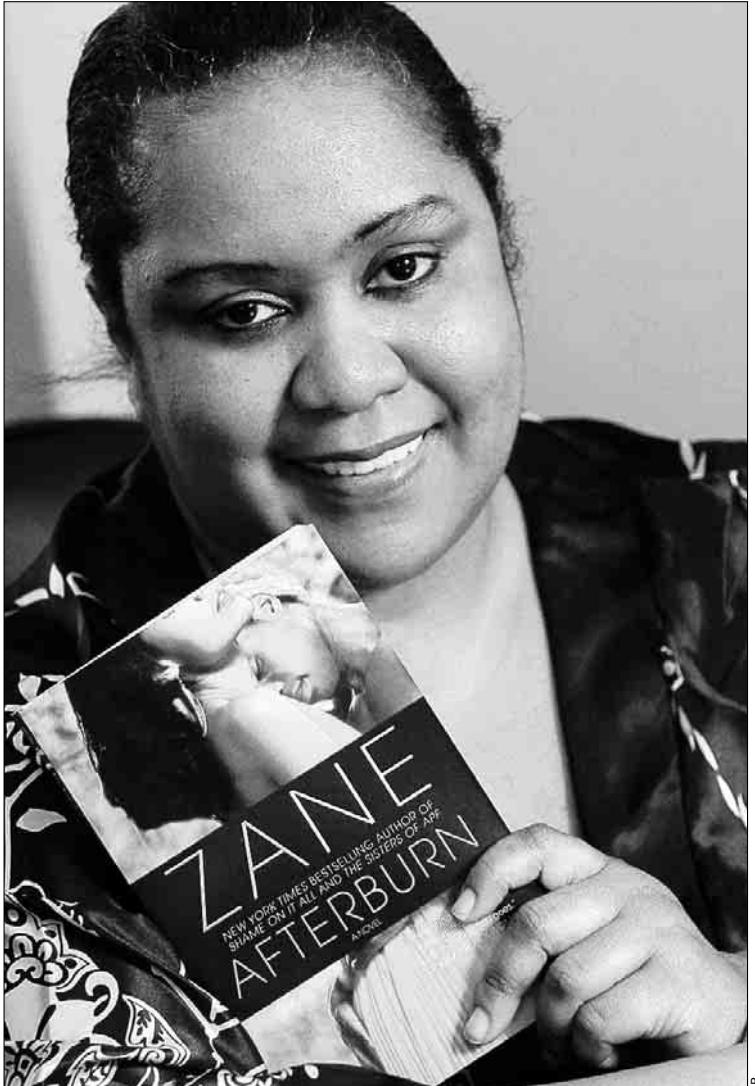
The author, whose steamy sex novels set among black professionals have propelled her onto The New York Times list of best sellers, says if she could do it over, she'd have chosen a less provocative pseudonym.

About a decade ago, she was in an America Online chat room and needed to call herself something. She picked Zane because it was the first thing that popped into her head; she's always liked the name.

"If I had known that this was going to actually end up being a writing pseudonym, I would have picked something with a first and last name," Zane says.

Plenty of authors don't use their real names, but there's only one successful writer of black erotica with a gender-neutral, one-syllable nom de plume. It makes people more curious about her — the opposite of Zane's intent.

But don't weep for Zane. After all, as Sean Bentley, the buyer of black fiction for Borders and Waldenbooks, points out, Zane gets a couple of shelves to herself



SUGAR AND SPICE: Zane is a Howard grad, a mother and an erotica powerhouse.

Please Consume Him

Marilyn Manson has a new CD to go with his new (young) lady

CASANOVA | Poor Marilyn Manson: Turns out that underneath all the latex and nihilism, the shock-rocker just wanted to be loved. And he was, for a while. But when his marriage to burlesque dancer Dita Von Teese fell apart last year, Manson was distraught until a new romance with barely post-jailbait actress Evan



HE HAS A SENSITIVE SIDE: Manson's latest offering exposes his humanity.

Rachel Wood helped lift him out of depression.

He channeled his competing emotions into the songs on his latest, which is perhaps his least intentionally antagonistic album. It's surely no coincidence that "Eat Me, Drink Me" (Interscope) is also among Manson's most compelling records: These songs are taut, anguished sketches as he purges the dysfunction of his broken marriage and warily circles Wood, balancing his attraction with the fear of getting burned again.

Manson plays a massive guitar riff that tears through "Putting Holes in Happiness" while he intones, "You taste like Valentine's, and we cry." "Heart-Shaped Glasses (When the Heart Guides the Hand)" is a jittery dance-punk seduction.

Despite the darkness — and there's plenty on "Eat Me, Drink Me" — Manson for once offers the distant light of redemption. If the "Antichrist Superstar" hasn't abandoned hope, maybe love can conquer all. ERIC R. DANTON (THE HARTFORD COURANT)

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

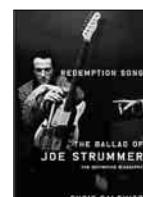


BIG BAD VOODOO DADDY Sultans of Swing

Remember that weird '90s pop-culture phase where we all listened to swing? And people took those dance classes? Well, this is the band that led the charge. They'll take you back to the '20s (or to 1997) tonight at the Birchmere, and are not to be confused with the other Daddies. The Cherry Poppin' ones.

→ Birchmere, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$29.50; 703-549-7500.

CHRIS SALEWICZ He's With Joe



For more than three decades, music journalist Chris Salewicz was friends with the Clash's founder and lead singer, Joe Strummer, who died in 2002. Tonight, Salewicz discusses and signs copies of his latest book, "Redemption Song: The Ballad of Joe Strummer."

→ Govinda Gallery, 1227 34th St. NW; 6 p.m., free; 202-333-1180.

THE WOGGLES True Performers

3 You haven't experienced garage-rock quartet The Wiggles until you've seen them live. Sure, it's cool to listen to their new album, "Rock and Roll Backlash," but tonight you can witness them doing something called nitro-fueled stage gymnastics at DC9.

→ DC9, 1940 9th St. NW; 9 p.m., \$8-\$10; 202-483-5000. (U St.-Cardozo)

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Entertainment



THE MORE THE MERRIER: The new Mario Party is designed for the social gamer.

Party Time At Mario's

Wii likes to cut loose with a tiny Italian and a human/mushroom

BIG BASH | It's becoming easy to extoll the virtues of Nintendo's successful Wii console. The system's interactive controls have given many of us good reason to get our butts off the sofa and into some animated flailing with the Wii's remote control.

So it's no surprise that "Mario Party 8" — the first in the "Mario Party" series of frantically short snippets to be released on the Wii — is another great, family friendly excuse to play video games.

Like its predecessors, it's an excellent, whimsical title that's best played with up to four people.

In truth, playing with others is the ONLY way to go. The bigger the audience you can gather around the TV set, the better. "Mario Party 8" delivers what's best described as a board game gone insanely digital.

You can play alone against the computer, but that might be a sign that you've already spent too much time inside and need to go out and make some friends.

You'll get to choose from a cast of characters like Mario or Princess Peach. Then you'll advance through the boards with a series of fast-paced games that will test your "Wiimote" skills, such as banging the controller to hammer nails into a board or moving it in a sawing motion to cut a log.

On a negative note, the graphics in "Mario Party 8" lacked the cartoonish vibrancy and visual polish a brand-new game should have.

The target audience won't mind too much, though, and in reality, this game is all about fast, accurate reflexes and publicly jibing with your pals, not the graphics.

If you're looking for some truly interactive entertainment and can overlook the graphical issues, it's hard to go wrong with "Mario Party 8." MATT SLAGLE (AP)



GENRE JUMPER: Bill Murray has signed up to play the mayor in a new film, "City of Ember." The script is based on the 2003 novel by Jeanne Deprau, and as a futuristic sci-fi fantasy adventure, it promises to be a shift from "Lost in Translation."



Television

ON TV TONIGHT

WELCOME BACK, SWEATHOGS
TV-themed DVDs released today include the first season of **WELCOME BACK, KOTTER.**

NOT SO TEMPORARY
MIAMI INK (10 p.m., TLC), a reality series set in a tattoo parlor, enters its third season.

FISHING FOR MORTAL WOUNDS
A tempting but dangerous opportunity on **DEADLIEST CATCH**. (9 p.m., Discovery).

DEATH BY CAMERA ANGLE
Budding filmmakers compete on **ON THE LOT** (8 p.m., Fox).

RELAX AFTER WORK
The series **CRITICAL SITUATION** (9 p.m., National Geographic) glances back at recent events and harrowing situ-



IT'S ONLY A MOVIE: Carrie Fisher and Garry Marshall get judgy on the lot.

ations where split-second decision-making carried the day.

BRAWLING FEMMES
Women compete in the ring in **FIGHT GIRLS** (10:30 p.m., Oxygen). **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

The Child Is Gone

Andy vanished years ago, but one playmate won't give up hope

COLD CASE | Filmmaker Melanie Perkins was 9 years old in the summer of 1976, when her friend and would-be sweetheart Andy Puglisi disappeared while on his way home from a public pool in Lawrence, Mass. Twenty-two years later, Perkins returned to her hometown to begin making "Have You Seen Andy?" (7 p.m., Cinemax), a moving film about her friend, a heinous crime and the neighborhood and tight-knit community where she



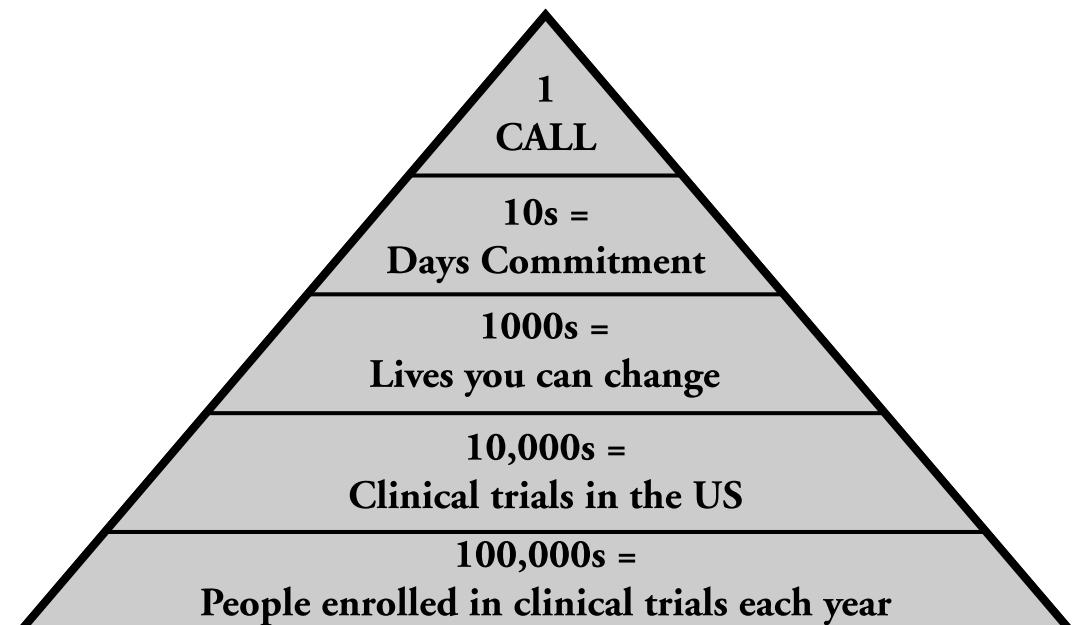
FRUITLESS SEARCH: Cinemax airs a film about the disappearance of Andy.

grew up.

Along the way, Perkins got the Lawrence police interested in the very cold case and helped focus attention on some shady characters who avoided detection back in 1976.

"Andy" looks at an era before Amber Alerts and nationwide attention to the problem of missing and abducted kids. The boy's single mother was essentially left to her own devices after a five-day search. It also gives viewers a shocking glimpse into an underworld of predators and pedophiles, some who lived and worked within walking distance of the Lawrence pool and the crowded playgrounds where Andy was last seen. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS													
WRC	4 News (N) 88	NBC Nightly News	Access Hollywood	America's Got Talent	Contestants vie for an invitation to the callbacks. (N) 1				Law & Order: Special Victims Unit 1	News (N) 88	Tonight Show		
WTTC	5 Seinfeld 1 88	The Simpsons 1	The Simpsons 1	Seinfeld 1 88	On the Lot (S Live) 88	House "Son of Coma Guy" 88	News (N)	News (N)	News (N)	News (N)	Every-Raymond		
WJLA	7 News (N) 88	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Fast Cars-Sup.	NBA Countdown	NBA Basketball	Finals Game 3 -- San Antonio Spurs at Cleveland Cavaliers. (S Live) 88	The Unit "Silver Star" 1 88	48 Hours Mystery 1 88	News (N) 88	Late Show	
WUSA	9 News (N) 88	Evening News	News	Entertainment	NCIS "Blowback" 1 88				Still Standing 1	Still Standing 1	Malcolm-Mid.		
WDCA	10 Judge Judy 88	Judge Joe Brown	Scrubs 1 88	Scrubs 1 88	** "Carmen: A Hip Hopera" (2001, Musical) Beyoncé Knowles. 1 88				P.O.V. "My Country, My Country" 1 88		Smart Travels		
WMPT	22 The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors Md.	Nova "Jewel of the Earth" 1	Frontline "The Lost Year in Iraq" 1								
WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Jewel of the Earth" 1	Cousteau: Ocean Adventures	Frontline "The Lost Year in Iraq" 1							
WHUT	32 World Business	Tavis Smiley 1	BBC World News	Moneywise	Mystery! 1 (DVS)	A New Island 1 88	BBC World News	Tavis Smiley 1	Charlie Rose (N) 1 88	Charlie Rose (N) 1 88			
WDCW	50 My Wife and Kids	My Wife and Kids	Friends 1 88	Friends 1 88	Gilmore Girls "Lorelai's First Cotillion"	Veronica Mars "Witchita Linebacker"	Will & Grace 1	Will & Grace 1	Sex and the City	Sex and the City			
BASIC CHANNELS													
A&E	Cold Case Files 88	CSI: Miami "Three-Way" 1 88	CSI: Miami "Under Suspicion" 1 88	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel		
Animal	The Crocodile Hunter Diaries 88	The Most Extreme "Gardeners"	Animal Precinct "Behind the Badge"	Heroes: Hurricane Rescue	Animal Precinct (N)								
BET	106 & Park: BET's Top 10 Live 88	Hotwyred 88	** "Soul Plane" (2004, Comedy) Kevin Hart, Tom Arnold. 88		Top 12 Moments of the BET Awards								
Bravo	Project Runway 88	Project Runway "Finale" 88	Kathy Griffin: Everybody Can Suck It	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List								
Comedy	(5:00) ** "Dr. Jekyll and Ms. Hyde"	Scrubs 1 88	Scrubs 1 88	Daily Show	Colbert Report	Reno 911! 88	South Park 88	Brian Regan: Standing Up 88	Daily Show	Colbert Report			
Court	Forensic Files	Forensic Files	Cops 1 88	Cops 1 88	Cops 1 88	Cops 1 88	Cops 1 88	Under Fire	Under Fire	LA Forensics	North Mission		
Discovery	How It's Made	How It's Made	Deadliest Catch "Crossing the Line"	Deadliest Catch	Deadliest Catch (N)			After the Catch "Mysteries at Sea"					
DISCH	Code Blue "Rite of Passage" 88	Impact: Stories of Survival 88	Quint-Essential Expecting quintuplets.	Raising 16 Children 88	Jon & Kate Plus 8	Jon & Kate Plus 8	Quint-Essential Expecting quintuplets.						
Disney	That's So Raven	That's So Raven	Hannah Montana	Zack & Cody	"Go Figure" (2005, Drama) Jordan Hinson, Whitney Sloan. 1 88	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana				
E!	Sunset Tan	Sunset Tan	E! News (N)	The Daily 10 (N)	** "Office Space" (1999, Comedy) Ron Livingston, Jennifer Aniston.	Simple Life	Simple Life	E! News	The Daily 10				
FX	King of the Hill 1	King of the Hill 1	That '70s Show	That '70s Show	**** "Three Kings" (1999, War) George Clooney, Mark Wahlberg, Ice Cube.			**** "The Sum of All Fears" (2002) Ben Affleck.					
HGTV	Look What I Did! "What's-House?"	If Walls Could	House Hunters	Designed to Sell	Buy Me 1	Decorating Cents	24 Hour Design	House Hunters	My Kitchen	House Worth?	Hidden Potential		
Family	8 Simple Rules 1	8 Simple Rules 1	Grounded for Life	Grounded for Life	** "Center Stage" (2000) Amanda Schull. Students at a dance academy strive to be the best.			Whose Line?	The 700 Club 88				
History	Modern Marvels: Torture Devices	Modern Marvels: Deadliest Weapons	Decoding the Past 88		The Universe Apocalyptic scenarios.	The History of Sex 88							
Lifetime	Reba 1 88	Reba 1 88	Still Standing 1	Still Standing 1	Reba 1 88	"A Family Lost" (2007, Drama) Cynthia Gibb, Daniel Roebuck. 88							
MTV	Exposed 1	Yo Momma 1	Real World-Rd	Real World-Rd	Scarred 1	Scarred 1	Real World-Rd	Rob & Big (N) 1	Rob & Big 1	Wild 'n Out 1			
NICK	Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	Drake & Josh 1	Home Videos	Full House 88	Roseanne 88	Roseanne 88	Fresh Prince	Fresh Prince	
SCIIFI	Stargate SG-1 "Point of View" 88	Special Unit 2 "The Straw" 1 88	Special Unit 2 "The Love" 1 88	Special Unit 2 "The Love" 1 88	Special Unit 2 "The Piper" 1 88	ECW Who is drafted to ECW? (Live)							
SPIKE	CSI: Crime Scene Investigation 1	CSI: Crime Scene Investigation 88	UFC Unleashed	UFC Unleashed	UFC Fight Night (Series Premiere) (N) 1								
TBS	Seinfeld 1 88	Seinfeld 1 88	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	Friends 1 88	Friends 1 88	Sex and the City	Sex and the City			
TLC	Property Ladder "Bradford Bunch"	Sports Disasters "Over the Edge"	Rides Working on a Camaro. 88	Miami Ink Kat's friend Mike visits.	Miami Ink Kat's friend Mike visits.	Miami Ink "New Artist Search" (N)	Miami Ink "Shop Party" 88						
TNT	Without a Trace 1 88	Without a Trace "Trials" 1 88	Without a Trace "Malone v. Malone"	The Closer "Fatal Retraction" 88	The Closer "Standards and Practices"	The Closer "Standards and Practices"	Cold Case "Yo, Adrian" 1 88						
USA	Law & Order: Special Victims Unit 1	Law & Order: Criminal Intent 88	Law & Order: Special Victims Unit 1	Law & Order: Special Victims Unit 1	Law & Order: Special Victims Unit 1	Law & Order: Special Victims Unit 1	★ "Coyote Ugly" (2000, Romance-Comedy) Piper Perabo, Adam Garcia. 88						
VH1	Hollywood Blackmail 1	Caught on Tape 1		40 Greatest Internet Superstars 1			Flavor of Love Girls: Charm School	★★ "Brown Sugar" (2002) 88					
SPAN													
TELEM	Daniela	Noti-Telemundo	Dame Chocolate	Marina	Zorro - La Espada y la Rosa	La Esclava Isaura							
UNIV	Que Locura	Noticiero Univ	Duelo de Pasiones	La Fea Más Bella (N)	Destilando Amor	Ver Para Creer							
SPORTS													
ESPN	SportsCenter (Live) 88	NFL Live 88	U.S. Poker Championship (Taped)	U.S. Poker Championship (Taped)	Baseball Tonight (Live)								
ESPN2	Motorcycle	NASCAR Now	WNBA Basketball	Washington Mystics at New York Liberty. (Live) 88	Figure Skating ISU Grand Prix. From Victoria, B.C. (Taped) 88								
CSN	Washington	SportsNite 88	MLS Soccer	Red Bull New York at D.C. United.	Washington Post Live								
NEWS													
CNN	Lou Dobbs Tonight 88	The Situation Room	Paula Zahn Now 88	Larry King Live 88	Anderson Cooper 360 88								
FNC	Special Report (Live) 88	The Fox Report With Shepard Smith	The O'Reilly Factor (Live) 88	Hannity & Colmes (Live) 88	On the Record-Van Susteren	The O'Reilly Factor							
MSNBC	Tucker	Hardball 88	Countdown With Keith Olbermann	Scarborough Country	Lockup: Inside Folsom	Inv: Terror in Hollywood							
MOVIES													
AMC	(5:30) *** "Stakeout" (1987, Suspense) Richard Dreyfuss. R 88		*** "Slap Shot" (1977, Comedy-Drama) Paul Newman, Michael Ontkean. Premiere. R 88			★★ "The Verdict" (1982) Paul Newman. R 88							
TCM	(15) *** "The Best Man" (1964, Drama) Henry Fonda, Edie Adams. NR		*** "The Hard Way" (1942, Drama) Ida Lupino, Dennis Morgan. NR 88			★★ "In Our Time" (1944, Drama) Ida Lupino, Paul Henreid. NR 88							
HBO	(15) * "Fever Pitch" (2005) Drew Barrymore. 1 PG-13 88		** "You, Me and Dupree" (2006, Comedy) Owen Wilson. 1 PG-13 88			The Sopranos "Made in America" 1 88							
MAX	(5:00) *** "American Gigolo" (1980)	Have You Seen Andy? (N) 1 88	★★ "Madagascar" (2005) Voices of Ben Stiller. PG			Barbaro 1 88							
SHOW	(5:45) *** "Silver Hawk" (2004) Michelle Yeoh. PG-13 88	★★ "Jiminy Glick in Lalawood" (2004) Martin Short. R 88	The Tudors "Episode 10" (ITV) 88			2001 Maniacs" (2005) Robert Englund. 1 R 88							
TMC	* "Book of Shadows: Blair Witch 2"	★★ "Encino Man" (1992) Sean Astin. 1 PG 88	★★ "Clerks" (1994) Brian O'Halloran. 1 R 88			* "National Lampoon's Barely Legal" (2005) 1 R 88							
STARZ!	"Dumb and Dumberer: When Harry"	(15) Head Case	* "The Waterboy" (1998) Adam Sandler. PG-13 88	★★ "Invincible" (2006) Mark Wahlberg. The story of football's Vince Papale.									
ENCORE	★★ "Quigley Down Under" (1990, Western) Tom Selleck. 1 PG-13 88	★★ "The Fabulous Baker Boys" (1989) Jeff Bridges. R 88				(10:50) *** "Dawn of the Dead"							
						★★ "Drop Dead Gorgeous" (1999) Kirsten Dunst. 88							



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AD BONE MARROW 03/07

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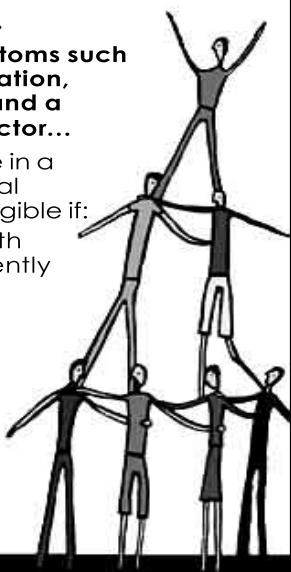
Would you like to help others like yourself in finding better treatment options?

If you have type 2 diabetes...

Or, if you have experienced symptoms such as increased thirst, increased urination, increased appetite, and fatigue, and a diagnosis is confirmed by your doctor...

You may be eligible to...Participate in a clinical research study for a potential diabetes treatment. You may be eligible if:

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- You are not currently being treated with any other antidiabetic medication other than metformin



For more information, please call:

202 – 787 - 5318

Are you bothered by the pain and urgency of Irritable Bowel Syndrome?

Washington Gastroenterology is currently in search of female volunteers for a research study testing an investigational medication for the treatment of Irritable Bowel Syndrome and associated diarrhea.

Qualified study participants must be at least 18 years of age and otherwise healthy. IF you are eligible to participate all laboratory and professional services for this research study are provided at no cost to you. You may also be compensated for your time and travel.

For more information, please call 410-465-2455

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Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults ages 15 to 49 worldwide are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy person between the ages of 18-40, are not currently in the US military and available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

Please call:

301-251-8351

www.hivresearch.org/clinical-trials

You will be compensated for your time.

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Purpose:

To study the safety of an experimental vaccine to prevent diarrhea

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- Between the ages of 18 and 45- Very healthy (non-smoker and no known allergies)- available for 10 outpatient visits (over a 2-month period) and a 6-month follow-up phone call

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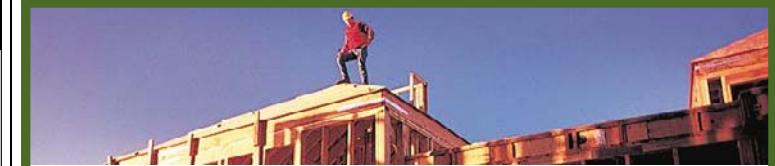
- You currently use marijuana and have used marijuana at least one year
- Are between the ages 18-45

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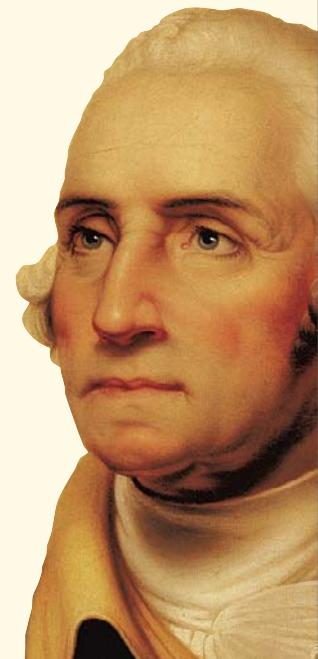
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SEASON TICKETS ON THE BRINK: A Chicago man is suing a former friend for not selling him Bears season tickets like he has done in the past. The suit filed by Donald Ramsell seeks a temporary restraining order against Douglas Warlick that would prevent Warlick from selling his tickets to anyone else.



Sports

Guthrie Thrives on the Big Stage

Orioles new-found ace dominates in his first month as a starter

ORIOLES | Sometimes, the right guy just falls into your hands.

Pitcher Jeremy Guthrie was constantly the odd man out in Cleveland. He made 16 appearances over the last three years with the Indians before Baltimore picked him up on waivers in the offseason. Then, injuries

W WASHINGTON AT BALTIMORE

1

JUNE 12

7:05 P.M.

MASN

2

JUNE 13

7:05 P.M.

MASN

3

JUNE 14

7:05 P.M.

MASN



MARK Avery/AP

to Kris Benson and Adam Loewen gave him a chance to start.

"[Pitching coach Leo Mazzone] said you're not auditioning. Relax and have fun," Guthrie said after a May win over Tampa Bay. "I felt like every time I threw in Cleveland, it was an audition, so it was nice."

So nice, in fact, that he's been the most reliable starter of late on a

STAGE FRIGHT: Jeremy Guthrie (3-1, 2.70 ERA) made nine appearances for Cleveland in 2006 and says, "I felt like every time I threw in Cleveland, it was an audition."

staff that was third in the American League in earned run average entering this week's three-game series against the Nationals (26-37).

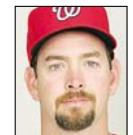
"The last two years, I've felt confident," said Guthrie, who won nine games in Triple-A in 2006 while

making nine appearances for Cleveland. In his first season in Baltimore, Guthrie is 3-1 with a 2.70 ERA. He has five no decisions since joining the rotation in early May. That includes a one-run, four-hit performance at RFK Stadium on May 19.

PITCHING MATCHUPS

GAME

1



Micah Bowie v. Daniel Cabrera

GAME

2



Matt Chico v. Steve Trachsel

GAME

3



TBA

Jason Simontacchi v. TBA

→ The two pitchers the Nationals will face — Cabrera and Trachsel — have five wins each, which is more than anyone on the Nats can brag about. But they both have also struggled with their control at times. Cabrera has allowed 41 walks, second in the Majors, and Trachsel has given up 36 free passes this season.

Guthrie didn't get the decision that night, but the Orioles went on to win 3-2 in 11 innings. Orioles starters gave up just four runs in 19.2 innings during this season's first installment of the Battle of the Beltway, helping the visiting Orioles (29-34) take two out of three.

"[The defense] stays on their toes and the ball gets put in play," Orioles manager Sam Perlozzo said of Guthrie's efficient style, which has produced 30 strikeouts and just six walks since becoming a starter.

O's starter Erik Bedard (4-3, 3.72 ERA) — the Major League leader in strikeouts through Sunday with 103 — was also effective in the first series against Washington. He fanned 12 Nationals hitters but was betrayed by his bullpen in the Orioles' only loss of the weekend.

The Nationals definitely won't see Bedard this week at Camden Yards, and they may not see Guthrie, either (Thursday's starter has not yet been named). However, notorious nibbler Steve Trachsel (5-4, 3.82), who allowed just two runs on four hits in a win over the Nats on May 18, will pitch Wednesday.

He, plus erratic-yet-talented starter Daniel Cabrera (5-6, 4.70) will try to shut down a Nationals team that's scored just three runs or less in three of its last four outings. ERIC BRANDNER

Memory of '05 Looms for the Spurs

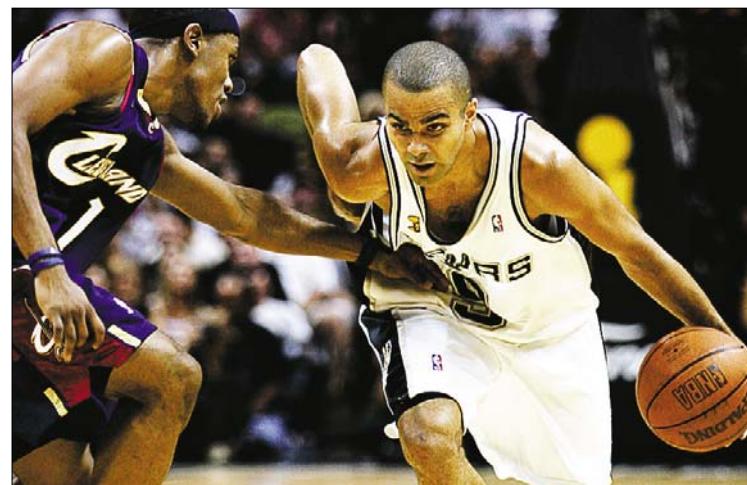
Team needed 7 games to win title after going up 2-0 two years ago

NBA FINALS | The San Antonio Spurs are halfway to a fourth NBA title. In their two victories over the Cleveland Cavaliers, they've looked dominant and composed.

They haven't, however, forgotten 2005. That's when they led the Detroit Pistons 2-0 and looked well on their way to the title but wound up needing seven games to win.

"We need to remember that and learn from our mistakes," said Tony Parker, who led the Spurs with 30 points in their 103-92 Game 2 win Sunday. "I think that's enough to make us get ready."

In 2005, the Spurs won Games 1 and 2 at home with scores of



JEFF HAYNES/AP/GTY IMAGES

Tony Parker had 30 points in San Antonio's 103-92 win over Cleveland in Game 2.

84-69 and 97-76.

Then they went to Detroit.

The Pistons beat the Spurs 96-79 in Game 3 then blew them out 102-71 in Game 4. The Spurs took

Games 5 and 7 to win the crown.

"Hopefully, especially the guys that were in that finals, learn from that and we are more humble going into those games and play a better

game," said Manu Ginobili, who called the 2005 turn of events "really embarrassing."

This time, the Spurs will head to Cleveland, where the entire city will be abuzz with the possibility that LeBron James can deliver.

"It'll be a huge challenge," Spurs coach Gregg Popovich said. "They've played well there, and I think they'll feel a lot looser, a lot more aggressive in a lot of ways."

The Spurs are taking pains not to put on airs over their first two wins. But the sizable lead in Game 2 — San Antonio was up by as many as 29 — makes it hard to look humble.

Cleveland was down 0-2 in the Eastern Conference finals this year against Detroit before winning the next four games.

"They played good against Detroit and they came back, so we have to be aware of that," Parker said. ELIZABETH WHITE (AP)

Dumars: Pistons Won't Revamp The Entire Team

NBA | The Detroit Pistons have no plans to fire coach Flip Saunders despite disappointing endings the past two seasons.

"Just because we haven't gotten to the finals, it doesn't mean Flip has done a bad job," Joe Dumars, president of basketball operations, said Monday.

He added that the team doesn't plan drastic changes this offseason.

"We don't have a fire sale going on," Dumars said.

Dumars said his No. 1 priority is re-signing point guard Chauncey Billups when he becomes a free agent next month. He also plans to bring back most of his key players.

LARRY LAGE (AP)

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The overnight TV rating of Game 2 of the NBA Finals, which had to compete with the series finale of "The Sopranos." The rating for "The Sopranos" will be released on Tuesday.

Sports

Mags Sets Pace at Plate

A healthy Ordonez is leading the Tigers to another great season

BASEBALL | Magglio Ordonez is following up his signature October moment in style.

The outfielder secured his place in the hearts of Detroit fans with his three-run homer against Oakland that lifted the Tigers into their first World Series in 22 years. Now he's trying to get them back to the post-season with a sterling 2007.

Ordonez was leading the majors with a .367 batting average through the weekend. He hit 30 doubles in the Tigers' first 61 games — the fastest player to that mark since 1996.

"He's having an MVP-type season, if you look at his numbers," general manager Dave Dombrowski said. "He's proving that he's one of the best in the game when healthy."

Ordonez's play has led to talk of him being a leading candidate for individual awards, but he's quick to point out the Tigers have 100 games left.

"It's still early," he said. "I need to keep doing what I'm doing right now for the whole year."

The oft-injured Ordonez might have a shot at some of those trophies



Magglio Ordonez has hit 14 home runs and has driven in 56 runs so far this season.

SEEING TRIPLE?

It would be tough, but Ordonez has a shot at the triple crown:

- His .367 average was tops in MLB as of Sunday.
- He has hit 14 home runs this season, 10 off the pace of the 24 hit by Alex Rodriguez.
- His 56 RBI are second to Rodriguez, who has hit 63.

if he stays healthy.

Ordonez was scratched from the lineup Sunday because of minor stiffness in his left knee, which was surgically repaired twice in 2004, when he was limited to 52 games

with the Chicago White Sox.

Detroit signed Ordonez to a \$75 million, five-year deal in 2005 as part of a complicated contract that could pay him as much as \$105 million over seven seasons. The Tigers' gamble that Ordonez would be healthy and productive has paid off.

"It was a deal that worked for both parties at the time and has worked out well since," Dombrowski said. "He was comfortable with a contract that would reward him for being healthy and we were comfortable with the deal because it gave us some protection." LARRY LAGE (AP)

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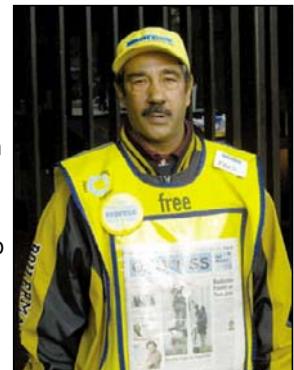
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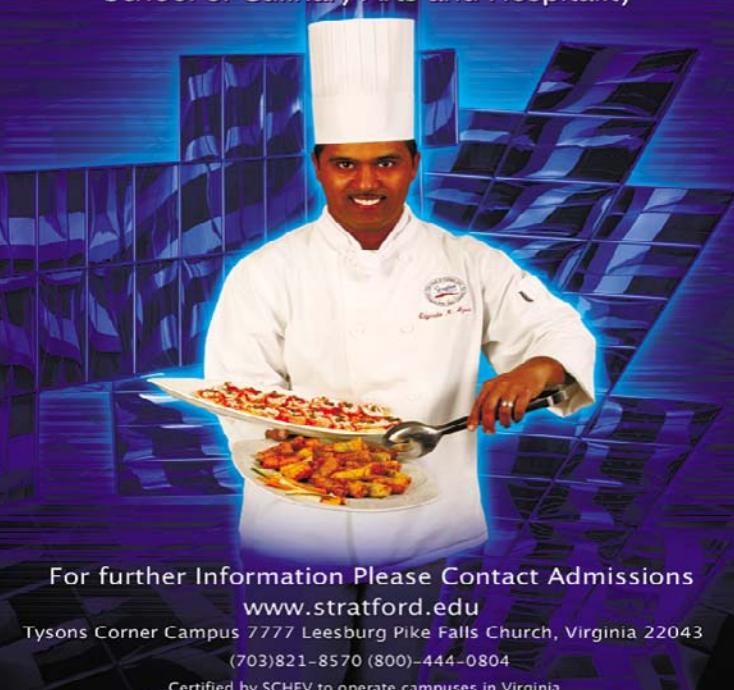
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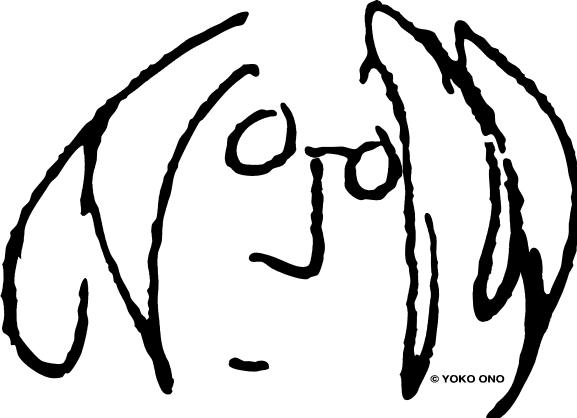
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BLOG ABOUT THAT: A reporter for the Courier-Journal (Ky.) had his credential revoked and was kicked out of the press box during an NCAA baseball game for blogging about the game.

Sports

Swengali

WIZARDS | BY MATT SWENSON

Keeping Arenas Is a No-Brainer

THERE ISN'T MUCH to debate when it comes to Gilbert Arenas opting out of his contract next year to explore free agency, as the All-Star point guard said he'll do.

Arenas is a superstar and the Wizards' best player. He should try to get as much money as he can — in this case, more than \$100 million.

And because Arenas is Washington's franchise player, the team had better pony up whatever it takes to keep him.

History, though, is not exactly in the Wizards' favor when it comes to free agency. Typically, when one of Washington's stars hits the open market, they sign elsewhere.

Look at Larry Hughes in the NBA Finals with Cleveland as a prime example — even though Hughes' departure opened the door to acquire the superior Caron Butler.

Even when the Wizards' luck

History, though, is not exactly in the Wizards' favor when it comes to free agency.

seemingly changes — such as when Juwan Howard's \$101 million contract with Miami was rescinded in 1996 and he returned to the team — it doesn't work out. Howard's talent didn't match his big salary.

Arenas, though, is worth the money. Washington would be lost without him.

He is a quirky superstar on the cusp of genuine greatness — which is when players of his ilk normally leave town.

As long as the Wizards add enough zeroes to Agent Zero's contract, everything should work out fine.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com



Jim Furyk tries to watch his shot during a practice round at Oakmont on Monday.

SCOTT HALLERAN/GETTY IMAGES

U.S. Open Course Buzz Word: Hard

Toughest course in the U.S. has to be toned down for the pros

GOLF | Vaughn Taylor is back at Oakmont, relieved that it's only the U.S. Open.

There has been widespread talk of gloom and doom in recent weeks, from defending champion Geoff Ogilvy reportedly losing seven balls in his round of 85 to Vijay Singh and a host of others saying they would not be surprised if the winner finished 10 shots over par.

Oakmont is reputed to be the toughest golf course in America, but as it prepares to host its record eighth U.S. Open, there is another part of the mystique that players should keep in mind.

If you think it's tough now, come back in July.

"The members say we don't have to do anything except maybe make it slightly easier," said Mike Davis, the USGA's senior director of rules and competition who sets up the course for the toughest test in golf.

Taylor can attest to that.

He hasn't played in the U.S. Open since 1998, when he was spooked by the narrow fairways and high rough. But he has been to Oakmont twice in the last few years to play a corporate outing, and the greens were unlike any he has played.

"I had two four-putts and three three-putts, and I putted pretty good that day," said Taylor, one of the best on the PGA Tour. "The greens are slower now than they usually are."

On Monday, Tiger Woods started on the back nine and played 18 holes and offered this prognosis: "I broke 100." Phil Mickelson attributed his wrist injury to a marathon practice session trying to chip out of the rough a few weeks ago.

But there have been few complaints. They say it is tough but fair, but they have yet to put pencil to scorecard.

"It is stifling difficult, to the point of walking off and feeling like you've got 12 rounds with Ali," Paul Goydos said. **DOUG FERGUSON (AP)**

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) The Nats head up to Baltimore for the second leg of their interleague rivalry with the Orioles.

NBA FINALS (9 P.M. ON ABC) The Spurs seem to have figured out what no one in the

East could: Stop LeBron James, and you beat the Cavs.

MYSTICS (7 P.M. ON ESPN2) The Mystics bring their 0-7 record to New York to face the Liberty.

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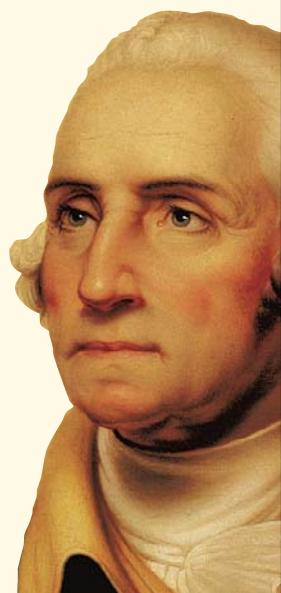
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DRIVER \$—A courier company in Virginia needs experienced couriers with **cars, vans, and bikes**. Commission plus gas incentives and benefits offered. Call Gary today at **703-684-7836**.

DRIVER \$

Two (2) day (morning & all day) routes for ICs with late model small pick-ups for Parts delivery. Comm plus gas incentive. Call Rudy: **703-662-2218** today.

DRIVER/DELIVERY: hiring FT/PT, salary plus good tips and %. Bring DMV driving record & driver's license to **Luigi's** 1132 19th Street between 2-5 pm.

DRIVER — Earn \$600-800/week FT, \$9-14/hr PT. Driving for TakeOut Taxi, the area's largest restaurant delivery service. Own vehicle req'd. Call: **301-571-0111**.

DRIVER—Food Delivery. Arlington, VA. \$15-\$20/hr. 11am-2pm Mon-Fri; 10am-12pm weekends. Call Tanya, 301-461-3649 or email to: **tanya@cafedevelopers.com**

Driver—School Bus Driver Needed. CDL req'd. 6-9am, 2-4pm. South Arlington Daycare. 703-486-0880.

DRIVERS

Needed Immediately. Excellent pay & benefits. Clean driving record a must. Knowledge of Wash/Balto, area helpful. Dependable person, at least 21 yrs of age. Apply in person w/copy of MVR to: 10811 Tucker St., Beltsville, MD 20705 Monday-Friday 8am-4pm.

ELECTRICIAN

The Washington Post has an immediate opening for an Electrician in downtown DC. Requires 4 or more years experience maintaining & trouble shooting electrical systems; Working knowledge of the National Electric Code; Ability to read & understand blueprints; Special consideration given to applicants with a DC journeyman license. Responsible for performing maintenance on existing and new electrical systems; Performing small electrical projects & renovations; Working with other craft & outside contractors; Working well without full time supervision. Send cover letter w/ sal. req'd./resume to: talentsearch@washpost.com Attn: HR/ELECT/JB

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- Accounts Receivable
- Banquet Captain
- Banquet Houseperson
- Housekeeping
- PM Front Desk
- Van Driver
- Overnight Valet Driver
- Reservations Supervisor
- Weekend Night Auditor
- Server
- Busperson
- AV Supervisor
- Cook

Apply in person Monday-Friday 9am-5pm: 8727 Colesville Rd, Silver Spring, Md. Resumes to: 301-588-1841 EOE/M/F/D/V
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JOBS

HEALTH CARE

Community Health Center
Full-Time Career Opportunities

Unity Health Care is a multi-site non-profit organization offering a continuum of medical care and human services primarily to the homeless and medically underserved. In twenty one years of existence, Unity Health Care has grown to be the largest preeminent Health Care Delivery System in Washington, DC. Join Unity Health Care, where last year we made a difference in over 70,000 DC residents' lives we served. Serve our mission, vision, values and community by applying for the following career opportunities available:

- Drivers
- Medical Assistants (floaters)
- Dental Assistant
- Volunteer Outreach Specialist
- Case Managers
- **Community (AmeriCorps) Health Corps Members Only
- Community Support Specialist
- Charge Entry Clerk
- Assistant WIC Coordinator

** We will be hosting a AmeriCorps Job Fair on Saturday, June 16, 2007 at 3020 14th St. NW from 9am-1pm 4th Floor. This program requires you to be committed to serve 1700 hours over an (11) eleven-month period. This position is full-time (37.5 hours a week). In addition, you will receive a living stipend of \$11,100 and an education award of \$4,725, upon completion of your term of service.

We offer an attractive benefits and compensation package! Visit our Employment section online for more details at: www.unityhealthcare.org.
Unity Health Care * Attn: Human Resources
3020 14th St., NW Washington, DC 20009
Email: employment@unityhealthcare.org

An Equal Opportunity Employer

Home Health Aides Needed!

VMT Home Health Agency located in DC has immediate openings for home health aides. Must have a High School diploma or GED; Home Health Aide Certification; Current CPR certification; Experience in home care preferred. Home Health Aides provide a variety of in-home health care services to elderly patients. Send letter of interest and resume via fax (202) 282-3109 or email: sbenjamin@vmtlhc.com. EOE.

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- Housekeeper
- Restaurant Servers
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- Dishwashers
- Cook
- Audio Visual Specialist
- Purchasing Clerk

TO APPLY LOG ON TO:
greatjobs.marriott.com
Search under Virginia and Select the hotel
EEO M/F/D/V

Hotel

Front Desk/Driver

Hotel in Crystal City is currently seeking energetic, responsible, service oriented team member. Hotel and Computer experience a plus, will train and able to work a flexible schedule including weekend. Salary commensurate with experience. Apply in person or call Americana Hotel, 1400 Jefferson Davis Hwy, Arlington, VA. 703-979-3772.

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GSPM Director of Student Services

The Graduate School of Political Management at GWU is looking for a professional, organized, self-motivated candidate to fill a full-time position as Director of Student Services.

The director works closely with GSPM staff, faculty and students ensuring proper operations for the School, including student recruitment, promotion, development of materials, and one-on-one interaction with students and applicants. Director is primary link between students and GW's College of Professional Studies.

Requirements: A bachelor's degree in business, marketing, communications, or related field with 1-3 years experience in marketing and communications; strong oral and written communications skills; proficiency with databases, spreadsheets, word processing, HTML and graphics software; proficiency with classroom technology; ability to schedule and meet deadlines. Experience with academic administration or politics desirable.

Apply by sending cover letter, and resume with three professional references, to David Marshall at dwm@gwu.edu.

IT



The National Parks Conservation Association, the nation's leading national park advocacy organization, seeks a Director of Technical Services to manage the IT and Administration sections of its Headquarters and regional offices. Strong hands-on technical skills required along with 7 years of IT experience out of which 5 in a management position. Demonstrated skills in Groupwise, Netware, Windows XP, Windows server 2000, and 2003. Experience with Linux as application server an asset. For a full job description, visit our web site www.npca.org. Send cover letter, salary requirements and resume to: hr@npca.org, 1300 19th Street, NW, Suite 300, Washington, DC 20036 or

JANITOR

Needed in Waldorf (5:30p-7:30p) & Clinton (3p-6p) Must have own transportation. Call 301-248-8763

- Land Surveyor—VA license w/AutoCard experience
- Party Chief—Heavy construction, experience necessary
- Cad Technician—Valid driver's, clean driving records

Call 540-635-8339
fax 540-635-4889.

LANDSCAPE DESIGNER

Community Landscape Services the leading provider of landscape services in the DC Metro area has openings with excellent salary and benefits package to the right candidate. For confidential consideration, please send or fax your resume to:

Community Landscape Services,
PO Box 220170, Chantilly, VA 20153.
Fax: 703-722-2417.

Email: bmunt@community-landscape.com

Manager,
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Our manager will monitor and assure the overall quality of sales and service. The ideal candidate will have a minimum of 5 years managerial experience in the travel industry. Competitive salary, generous benefits including, medical, dental, long term disability, vacation and 401K profit sharing plan. Fax resume to 703 757-6507

Marketing

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Work with pro NFL/NBA/MLB sports teams. Positions in Sales, mgmt & mktg. Professional image a must. Will train. Up to \$800-\$1000/wk. Melisza, 571-633-2330 www.skyhighmkting.com

Marketing

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Do you have an analytical and strategic approach?

As Sales Manager, you will drive our growth strategy for our online and our print recruitment products. With a systematic and analytical approach, you will be able to capture new revenue streams by identifying customer needs through data analysis, listening to customer calls, and sales rep input. You will develop product and pricing strategies to maximize revenue. You will build, coach, motivate and provide direction for your team. Requires marketing analysis and management experience. Outbound sales or business development exper. preferred. More info: www.washpostco.com. Send resume to talentsearch@washpost.com, Attn: SMJOBEX/JT

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Maintenance



Director of Maintenance

The National Lutheran Home, a large Continuing Care Retirement Community, has a full-time Director of Maintenance position. This is a day shift position with some on-call duties. Candidate must possess MD engineer's license Class 1 and CFC certification. Candidate should have positive management experience, strong leadership experience, as well as coaching and mentoring skills. Ability to multi-task a must. Salary commensurate with experience. Benefits include fully paid medical, dental and life insurance, great leave benefits, 10 paid holidays and a generous pension plan. If interested in joining a team with a 'Tradition of Caring' send resume to National Lutheran Home, Attn: Human Resources, 9701 Veirs Drive, Rockville, MD 20850 or fax to 301-217-0301. EOE

Marketing Analyst
At
The Washington Post

Exciting opportunity in strategic marketing and analysis. Great for recent Business and Strategy grads! Perform data analysis; develop and implement projects to grow classified advertising revenue. Requires strong quantitative and analytical skills, ability to systematically analyze data and provide meaningful conclusions based on data. Time management and multi-tasking skills and strong proficiency in Excel necessary. Send resume to talentsearch@washpost.com. Subject line: MAEXP/JT

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Marketing

Media Planner

As a member of our Marketing Research Department, produce industry-specific sales strategy presentations and media recommendations that match Washington Post Advertising products with client target audiences and objectives. Requires strong data analysis skills, ability to communicate media research concepts and technical data to lay people both graphically and in written reports, excellent writing skills, and Bachelor's degree. Expertise in Excel and PowerPoint strongly preferred. For more info: www.washpostco.com. Send a cover letter and resume to talentsearch@washpost.com. Subject line: MPEXP/JT

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MARKETING/SALES

SUMMER JOBS

Students, Teachers, Others Learn Mktg & computer tech integration in education field. NO EXPERIENCE car nec. If you need to earn: \$6000+ this SUMMER. **703-683-8900**.

MECHANIC—for coach bus. FT, Exp req'd. CDL pref'd. A/C certified. Call 202-636-9203

MECHANIC/TRUCK—Leasing company needs class B Mechanic to perform PM's & light repairs. Benefits with 401K. 1st shift available. Call Billy at: **703-354-5300**.

MED RECEPT—Leesburg/Fairfax. Must travel between 2 offcs. 3+ yrs front desk exper in busy med ofc req'd. To \$15/hr. Fax MSA 703-921-3861.

Medical Spa Positions

Very busy, progressive multi-specialty medical practice and spa seeking experienced personnel for the following positions.

ASSISTANT SPA MANAGER

Very busy, progressive medical spa seeking assistant manager to help oversee all daily operations including the supervision and coordination of personnel in addition to assisting in the development and evaluation of staff. Will be involved in the day to day operations of the facility and will report to the Spa Manager and Medical Director. Qualified candidates will have strong leadership and management skills, excellent communication skills with the ability to provide unparalleled customer service to clients and internal personnel. Minimum of 2 years medical spa experience required. Competitive salary & benefits offered

RN'S/LPN'S/MA'S

Full time RN's/LPN's/MA's are wanted. Strong nursing, multi-tasking and customer service skills required. Evenings and weekends required

CERTIFIED PERSONAL TRAINERS

Trainers needed for upscale medical spa. Must be flexible and available to work nights and weekends

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Nova Medical Group offers an excellent opportunity for a well trained and motivated Family Nurse Practitioner. This position includes managing urgent care and scheduled medical patients while providing for fabulous professional growth in an integrative setting. Working with our affiliated urgent care and medical spa in a health environment, we assure patients quality care and expand treatment options

We believe in an integrative approach to medicine. Excellent benefit package and work environment offered. Competitive salary, commensurate with experience. Please email: hr@novamedgroup.com

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Medical Receptionist,
Patient Care Coordinator

Needed in Alexandria, VA for fast pace plastic surgeon office. Able to multi-task, experience necessary. Fax resume to 703-845-7409

Mental Health Technicians

Full time, (day and evening shifts) and weekend Baylor shift (32 hrs per weekend), as well as part time positions available for individuals with at least one year working with at risk youth in a residential, psychiatric health care setting. Prefer individuals with Associate's or Bachelor's degree in one of the behavioral sciences.

Riverside Hospital

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FAX (202) 333-0976
cpicard@riverside-dc.com
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Silver Spring. Highly-rated criminal lawyer. Minimum one-year superb law firm litigation experience. No bilingual ability required. Great pay, reasonable hours. Fax: 301-495-8815. www.marksatz.com.

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Needed immediately in Sterling, VA. Must be able to work flexible schedule and weekends a must. Email resume to

debbie@federalbakers.us
or fax 703-312-6051.

Personnel

DRIVERS AND SALES STAFF

Staff Recruitment World Wide City Seeing Company (www.city-ss.com) is looking for Bus Drivers and Sales Staff to work in Washington DC. Interested please send your resume to ron67mjr@yahoo.com or call for an interview to 301-322-7066 or 202-615-3034.

PHARMACIST

Locally owned fast paced Nova independent pharmacy is looking to add to our team! If you would like to work in a true community pharmacy and possess good people communication skills, please respond. Serious inquiries may be directed to Robert at 703-938-7111. Resumes may be faxed to 703-938-5242 or e-mailed to viennadrug@aol.com.

PROPERTY MANAGEMENT—Resident Managers needed for NE and NW properties. Please call 703-255-3884 ext 106 for more info.

Property Management

LEASING

Lg Apt. Comm. In Falls Church, Va looking for a leasing superstar, for our fast-paced office. Prior leasing or real estate background required. P/T only. Pls incl. sal. req'd. Fax resume (703)641-0038

Property Management

MAINTENANCE

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Local RE office is seeking exp'd & new agents. 60-100% commission. Call 301-574-0214, Help-Sub. www.MDRealEstateHomes.com

RESTAURANT

RESTAURANT—busy restaurant hiring FT experienced Line Cook and PizzaMaker, Waiters, and Bus help. Also Bar Help/Delivery Expediter - must be energetic, have good English, pleasant phone manner, work with kitchen and delivery staff, make espresso drinks and some alcoholic drinks - we are willing to train. Bring proof of employment eligibility to Luigi's 1132 19th Street between 2-5 pm.

Restaurant

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ATTN: Fadi Ezzidine

SALES

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Sales

Sales Manager

Advertising

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You are a sales leader, driving results, pushing performance, and making tough decisions. You have credibility on the sales floor and your team trusts your judgment. You strategically devise ways to realign your resources and evolve your business. You rework incentives to drive results. You already have experience managing a team of sales reps and your own personal business development experience. It's time to apply your sales management skills in an even greater capacity with our Retail Business Development Advertising team! More info: www.washpostco.com. Send resume to talentsearch@washpost.com, Attn: BDUEX/JT

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Internet Sales Consultant

Cars.com

You will be part of the Cars.com advertising sales team. You will sell packaged online advertising solutions on Cars.com to independent used car dealerships in MD through in-person sales presentations. Your uncapped incentive will be directly tied with your ability to aggressively grow new revenue in your territory. You are technologically savvy, with strong internet skills and understanding. If you have the hunger and desire to make a name for yourself in sales, send your resume to talentsearch@washpost.com, Attn: CAREXP/JT. More info: www.washpostco.com.

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JOBS

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Sell industry specific products like Apartments.com and Apartment Living. We are entrusting you with 300 clients and \$3 million in client revenue. Spend 80% of your time out in your territory, calling on accounts in person. Make regular visits to hundreds of apartment communities and corporate offices to establish/maintain a positive rapport, determine needs, and present solutions. A high volume of face-to-face contact is imperative to your success in this role. Requires outside sales to major accounts experience. If you've sold to or worked in the property management industry, even better! More info: www.washpostco.com. Send resume to talentssearch@washpost.com, Attn: PMEXP/JT

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Sales

The Arena Stage Theater Company
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E-Mail: recruitment.cs@accessww.com

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Mail or e-mail cover letter, resume and salary history to:

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Warehouse

IMMEDIATE OPENINGS!!!

Experienced Order Selectors w/ Ride-on Palletjacks needed in Landover area. \$10/hr. Back'd check req'd. Other warehouse positions also available. Own transportation req'd. Apply:

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Warehouse

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El Tiempo Latino

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FORD '01 TAURUS—4dr, auto, 67k mi, MD insp, all power, AC, airbags, alloy wheels, good condition, \$4600/obo. 301-577-2674

Honda 2006 Civic—HYBRID, \$17,500 obo, excellent cond, 33k mi, nav, tan/gold ext, tan int, 4 dr, 540-899-2611

Honda 2003 Element—\$14,750 obo, excel. cond, EX 4x4, 24k mi, Green ext, Gry/Grn int, 202-669-5351

Honda 2002 Civic—\$9499 obo, good cond, 43k mi, Silver, 4 dr, auto, air, ps, pwr lck, 2HGES16642H541036, 571-426-1168

Jaguar 1994 XJ6—\$3500. OBO MUST SELL, great cond, 96k mi, Blk ext, Tan/ltbr int, 4dr cpe, sunroof, cd chgr pwr lcks/wnds 703-380-5419

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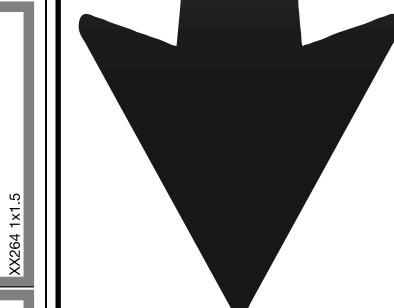
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Ever Have Anxiety Attacks?

- Felt your heart racing or pounding for no reason?
- Felt short of breath?
- Started to shake or sweat without warning?
- Felt dizzy or lightheaded?
- Felt afraid you might die?

If these attacks were unexpected and you were afraid of having another one, you may have (or previously had) an anxiety disorder called **Panic Disorder**. NIMH is seeking volunteers over 18 years old, who are not taking any psychiatric medications, to participate in a brain imaging research study and/or a physiological and genetic research study. The research is trying to better understand the biological systems of Panic Disorder. Participation will include a free physical and mental health assessment.

Compensation available for participation

For more information call:

301-496-5645 (TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov> or for other studies: www.clinicaltrials.gov



National Institute of Mental Health **NIMH**

National Institutes of Health, Department of Health & Human Services



Are You Feeling Sad or Depressed?

If so, you may be interested in participating in research involving **brain imaging** at the NIH Clinical Center in Bethesda, MD. The National Institute of Mental Health is interested in understanding what the brain looks like in people who are depressed.

Participants must be:

- Free of other serious medical conditions
- Ages 18 to 55
- Free of head trauma
- Not currently taking psychiatric medications

**Transportation reimbursement provided.
Compensation is provided for participation.**

Call: **301-496-5645**

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

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The National Institute of Mental Health **NIMH**

National Institutes of Health, Department of Health & Human Services



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* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Round of Seven

Landmarks

A global ballot will determine the new wonders of the world

The Great Wall, the Colosseum and Machu Picchu are among the leading contenders to be among the new seven wonders of the world as a massive poll enters its final month.

Also in the top 10 are Greece's Acropolis, Mexico's Chichen Itza pyramid, the Eiffel Tower, Easter Island, Brazil's Statue of Christ Redeemer, the Taj Mahal and Jordan's Petra, organizers said.

The Great Pyramids of Giza, the only surviving structures from the original seven wonders of the ancient world, are assured of keeping their status in addition to the new seven after indignant Egyptian officials said it was a disgrace they had to compete for a spot.

The winners will be announced on July 7 in Lisbon, Portugal.

Latin Americans and Asians have been the most enthusiastic voters so far in the final round of 20 candidates, but people from every country in the world have voted by Internet or phone.

"It's the first ever global vote," said Tia B. Viering, spokeswoman for the "New 7 Wonders of the World" campaign.

INSIDE

Stylish swag for your posh patriarch! **35**



PEOPLE'S CHOICE: Machu Picchu may be named one of the world's seven wonders.

The organizers are hoping for a final surge of voting from the United States and Europe to make the selection truly global.

"At the moment, most of the voting is coming from Latin America and Asia," Viering said. Organizers are confident the campaign will draw more attention in the U.S. and Europe in the final phase.

"Excitement is starting to pick up in the United States" because the campaign is getting much attention worldwide and Americans are starting to realize how positive it

It's so exciting.
There are not many things that could bring the world together like global culture.

TIA B. VIERING, 7 WONDERS CAMPAIGN

is, she said.

Rome's Colosseum, China's Great Wall, Peru's Machu Picchu, India's

Savior? Miss Universe seeks 'Heroes' role | **38**

Live Online: Wilbon on the world of sports | **36**

Taj Mahal and Jordan's Petra have been among the leaders since January, while the Acropolis and the Statue of Christ Redeemer made their way up from the middle of the field to the top level, according to latest tallies. The United States' Statue of Liberty and Australia's Sydney Opera House are sitting in the bottom 10.

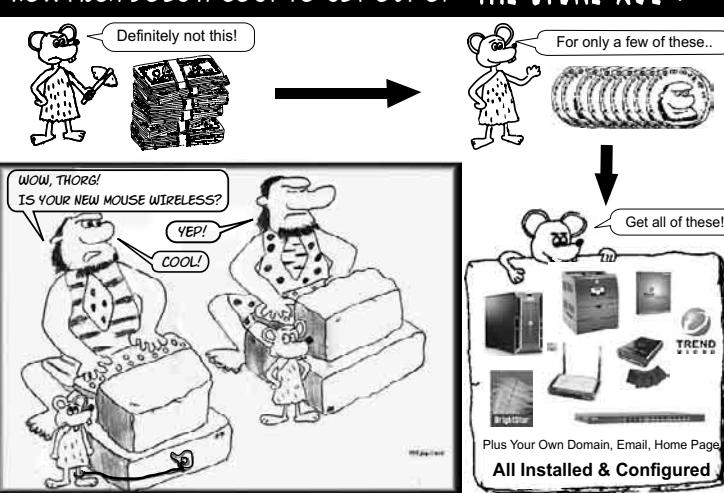
The ancient city of Petra in southwestern Jordan — popularized by "Indiana Jones and the Last Crusade" and famous for its water tunnels and stone structures carved in the rock — jumped from the middle of the pack to the top seven in January thanks to campaigning by the Jordanian royal family and thousands of Jordanians voting by text message, Viering said.

Choosing world wonders has been a fascination over the centuries. The United Nations Educational, Scientific and Cultural Organization, or UNESCO, constantly updates its list of World Heritage Sites, which now totals 830 places.

"It's so exciting," said Viering. "There are not many things that could bring the world together like global culture. ... This is really something that every single person in the world can be interested in."

ELIANE ENGELER (AP)

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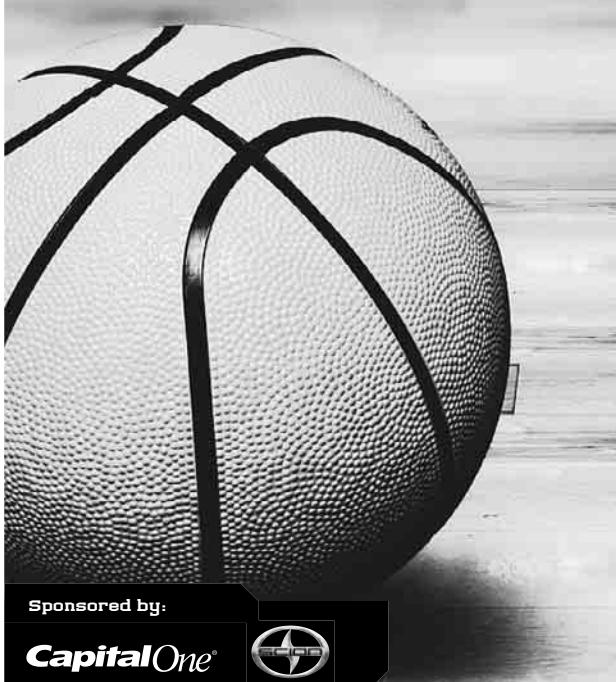
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Travel

Outlandish spas are popping up at resorts all across Las Vegas

Some people come to Las Vegas to enjoy the clear skies and warm days. But at a new spa that opened at Caesars Palace, there is a treatment room where it snows all year long.

Welcome to Qua's Arctic Ice Room, where "snow" gently descends from a domed ceiling through mint-infused air chilled to 55 degrees.

The Romans enjoyed cooling down after a hot soak, and spa operators say such rapid cooling of the body has proven health benefits.

Or it may just give you the goosebumps.

"Even coming from somewhere that had a horrible winter, it was still very enjoyable," said Angela Wagner, a 35-year-old physician

“People want to be adventurous. They want something new and different. ... Something they can't do at home.”

SANDY ZANELLA, MGM MIRAGE

from northern Indiana. "I had been in the heat wrap and the sauna and the whirlpools. So after being in the warmer treatments, it just felt really good."

The blue pebble and mosaic tile-encrusted cold room at Qua Baths and Spa is just the latest feature in a booming Las Vegas spa industry. While casinos don't offer up their results, nationwide, spa revenue has been growing by about 18 percent a year since 2003 and was worth nearly \$10 billion two years ago, according to the latest numbers from the International Spa Association.

In all, Las Vegas has more



JAEC HONG/AP

Fake snow falls in Qua's Arctic Ice Room at the Caesars Palace hotel in Las Vegas.

than 30 spas, which offer everything from "watsu" floating massages, banana leaf wraps and crys-

tal body art to Indian head rubs, hot rock treatments and Thai yoga therapy. The Ritz-Carlton Spa at

Lake Las Vegas just outside of town even offers an array of treatments for men that include beer samples while receiving a pedicure.

Every major resort on the Strip has a spa facility, each touting a special feature or unique therapy, often from Asia or Europe, for relief from the excitement of gambling, relaxation after a big business trip or to prepare for a night on the town.

"People want to be adventurous," said Sandy Zanella, spokeswoman for MGM Mirage Inc., whose Spa Bellagio offers the only "watsu" treatment on the Strip. "They want something new and different. ... Something they can't get at home."

Qua's ice room, the only one of its kind in the United States, comes from the millennia-old European bathing tradition of using snow to cleanse the body, said Don Genders, a partner of Eurospa Technologies LLC, the room's creator.

And the snow at Qua? Like so much of Las Vegas, it's fake.

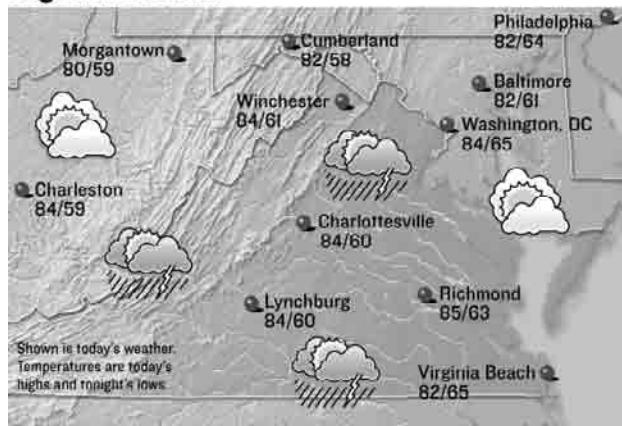
Chris McQuade, a 24-year-old researcher from Clearwater, Fla., said the not-so-cold cold room at Qua was "refreshing, but it wasn't invigorating." He also partook of an herbal steam, drank green tea, read newspapers and watched ESPN.

"The [fake] snow was kitschy," he said. "But overall, it was a lot of fun." RYAN NAKASHIMA (AP)

5 Day Forecast for the Washington Area



Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	85°
Low	67°
Normal high	83°
Normal low	64°
Average humidity	54%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	1.06"
Normal month to date	1.19"
Year to date	14.85"
Last year to date	11.31"
Normal year to date	17.22"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, partly sunny, afternoon thunderstorm. High 84. Wind northeast 6-12 mph. Tonight, partly cloudy. Low 65. Wind east 6-12 mph.

Sun and Moon

Sunrise today 5:42 a.m.
Sunset tonight 8:34 p.m.
Moonrise today 3:14 a.m.
Moonset today 8:12 p.m.

	New	First	Full	Last
June 14	●	●	●	●
June 22	●	●	●	●
June 30	●	●	●	●
July 7	●	●	●	●

National Weather for Tuesday, June 12



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	84/65/t	83/63/t	Amsterdam	75/55/t	64/55/c
Boston	70/55/pc	65/51/pc	Athens	84/64/s	86/70/pc
Chicago	85/58/pc	84/61/pc	Berlin	82/61/pc	75/57/t
Dallas	94/74/pc	92/71/pc	Buenos Aires	61/45/pc	57/46/sh
Denver	67/50/t	78/52/pc	Calgary	65/42/pc	60/42/t
Honolulu	88/74/s	87/74/s	Dublin	66/55/t	63/55/sh
Los Angeles	82/62/pc	85/62/pc	Geneva	71/52/pc	77/53/c
Miami	89/76/t	89/75/t	Moscow	68/50/pc	78/56/pc
New York City	80/61/t	76/58/pc	Rome	79/61/pc	82/59/s
Orlando	92/70/t	87/71/t	Sydney	61/46/pc	61/46/pc
Seattle	68/52/pc	64/50/pc	Tokyo	76/66/pc	78/65/pc

Legend: s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Forecasts and graphics provided by AccuWeather, Inc. ©2007

Styles

Look out

1



2



3



Father's Day



Day of the Dad

Father's Day is right around the corner, and a gift for your darling dad is in order. And while investing in a gift of various grooming products may seem easy, steer clear of **LUSH'S OVERHAUL** (\$49, lush.com), a new assortment of handmade products for the average guy. The set — which includes six items such as Ambrosia shaving cream, Wiccy Magic Muscles massage bar and Tramp shower gel — smells like a stale, stagnant mix of Axe, Red Zone and (oddly enough) peppermint, and this is not a good thing. ROXANA HADADI (EXPRESS)

Dashing Daddy

Got a polished papa? Give him accessories that suit his style

4



(1) While you may not be able to buy your dad the Ducati of his dreams, the Italian racing powerhouse has teamed up with Tumi to create this smart and sporty **messenger bag**, ideal for any active dad on the go. With a magnetic flap closure and plethora of pockets, this compact carryall is the practical gift he's secretly hoping for. (\$150, Saks Fifth Avenue, Tysons Galleria; 703-761-0700) (2) Help Daddy update his wardrobe with the conservative but still swanky **plaid print button-down** by 4 You. It's just the right thing to rock when he's going for that dress to impress look. (\$63, Alex Boutique, 1919 Pennsylvania Ave. NW; 202-296-2010) (3) For the patriarch with exquisite taste, a crisp lightweight jacket is the way to go to make him feel really special. The **summer trench** is a favorite of celeb father like Brad Pitt and Jude Law, and this terrifically tailored coat will undoubtedly make an exceptional fashion statement. (\$540, Reiss, 1254 Wisconsin Ave. NW; 202-944-8565) (4) This Father's Day, give your dad something to brag about. Mixing function and fashion, this **Tempo watch** by Robert Tateossian is a timeless gift he'll cherish for many years to come, especially thanks to the tough stainless-steel body. Plus, what gent doesn't love decorating his wrist with cutting edge gear? (\$325, alpha-man.com) (5) If your papa is like any other breathing male this summer, he's caught Spider-Man fever. These edgy yet elegant **cufflinks**, the latest from London jeweler Robert Tateossian, have arachnids mounted on Montana blue crystal to create a beautiful backlit effect, which sure beats a Peter Parker action figure. (\$150, alpha-man.com) (6) Pops still keeping his business cards together with a paper clip? Perhaps it's time to upgrade to this chic **Kenneth Cole** card holder. The two-piece construction is so slick it slides open like a cigar holder, which is sure to awe his co-workers. (\$30, Kenneth Cole, Tysons Corner Center; 703-821-7606) ASHLEY JOY PARKER

5



6



Beauty



Makeup or Superhero?

Like Lady M's bloodstained hands, like that tattooed wedding ring, like Marion Barry, Tarte's new **LOCK & ROLL EYESHADOW DUO** (\$28, Sephora) Just. Won't. Go. Away. Two tubes contain two types of eyeshadows each. The liquid goes on with a lip-brushesque applicator, the powder with a rollerball. Both colors (a bronze and a sage green) are nearly impervious to heat and sweat. The liquid is a more dramatic look, while the powder is subtle; together they form one powerful supershadow. KRISTEN PAGE-KIRBY (EXPRESS)

Lookout Online



readexpress.com

site specifics

ENTERTAINMENT

Cartoon Pop

British-Lebanese singer Mika is making waves worldwide with his over-the-top pop, as evidenced by his sold-out show at the 9:30 Club tonight. Often compared to Queen's Freddie Mercury, Mika is also a visual artist and a favorite of gossip-blogger Perez Hilton's. | [ONLINE NOW](#)



ENTERTAINMENT

Awww, Freak Out!

The notion of Japanese music may conjure cartoonish sounds, but the Japanese noise-rock band Melt-Banana is making music that's frantic and energetic. Vocalist Yasuko O. talked style and substance with Express contributor Katherine Silkaits ahead of their show at the Black Cat tonight. | [ONLINE NOW](#)

EYE OPENERS

Crazy Canine

After you've taught Fido to roll over, play dead and fetch the remote control, dog tricks can get pretty banal. That is, unless you've got a dog who knows how to do backflips. See the video of one pooch's circus-level skill at the bottom right corner of our homepage. | [COMING UP](#)



comment board

“I would say that I find it outrageous that there are those who protest the alleged harsh treatment of terrorist detainees in Gitmo, but then again, there are some in this country who believe Paris Hilton got too harsh a treatment also.”

COMMENTER STEVEN CARR, RESPONDING TO MONDAY'S POLL CENTER QUESTION, “SHOULD THE U.S. CLOSE THE GUANTANAMO BAY PRISON CAMP?”



“I thought everyone was innocent until proven guilty, and few people at Gitmo have been tried. No, wait, sorry, I forgot that we are regressing into something resembling Stalin's Russia.”

COMMENTER SHANE, WHOSE POST DREW THIS RESPONSE FROM AN ANONYMOUS COMMENTER: “INNOCENT UNTIL PROVEN GUILTY ... THE ONLY PLACE THAT WORKS IS ON PAPER.”

pollcenter

TODAY'S QUESTION

Do you have confidence in Attorney General Gonzales?

1. Yes
2. No

YESTERDAY'S RESULTS

Should the U.S. close the Guantanamo Bay Prison Camp?

AS OF 5 P.M. MONDAY. NOT A SCIENTIFIC POLL.

YES
66%

NO
34%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)



“It's this kind of reckless swinging of swords that makes the United States less credible in the eyes of the rest of the world.”

RANDOMDUCK.COM, WHO WAS UNHAPPY WITH SEN. JOE LIEBERMAN'S APPEARANCE ON CBS'S “FACE THE NATION,” IN WHICH HE CALLED FOR MILITARY STKES AGAINST IRAN.



PHOTO CREDIT

“The arrogance of ending one of the most anticipated series finales with no ending at all is unbelievable and unacceptable.”

BLOGS.SUN-SENTINEL.COM, ON SUNDAY NIGHT'S SERIES FINALE OF HBO'S “THE SOPRANOS,” WHICH, AFTER RUNNING FOR AN HOUR AND FIVE MINUTES, ENDED ABRUPTLY WITH AN UNEXPECTED CUT TO BLACK.



Live Online

Michael Wilbon

Washington Post columnist **MICHAEL WILBON** was online Monday to take questions about the NBA Finals, the French Open and Gilbert Arenas.



Do you think Mike Brown is second guessing himself for keeping LeBron on the bench the whole first quarter?

If he isn't, he ought to be. You can't leave LeBron on the bench for the final 9:55 of the first quarter. This isn't the NCAA Tournament. He's

ALL THEY'VE GOT. I like Mike Brown as a coach a lot more than most; I think he has yet to receive the credit deserved for making them the kind of defensive team they are. But leaving LeBron on the bench for nearly 10 minutes was a bad move.

Is Gilbert Arenas really a max-contract player? He's a good offensive player, but he doesn't play much D and he needs the ball in his hands an awful lot. I don't see him in the same class as D.Wade, LeBron, Kobe, etc. You make the important point that management will have to consider as this season goes along. There are a ton of max players who aren't franchise players, just guys paid

like franchise players. The Wizards have to decide whether Gil is a franchise player, or a terrific player who needs lots of help. He's not LeBron or Kobe ... but can he be Chauncey Billups?

Did you get a chance to see any of the French Open men's final? Didn't it look like Federer's body language said that he was resigned to losing the match?

I don't know about body language. I just know that Nadal KNOWS he's going to waste Federer on clay.

TODAY ON LIVE ONLINE: Post health and nutrition writer Sally Squires talks about how to eat healthier at 1 p.m. | washingtonpost.com/liveonline.

DON'T

SERVE ALCOHOL TO OTHER PEOPLE'S CHILDREN. A Virginia mother and stepfather began serving their 27 month sentences Monday for serving alcohol to their kids' friends at a birthday party. The parents reportedly bought \$340 worth of beer and wine.

Bizarro | Dan Piraro



Cornered | Mike Baldwin



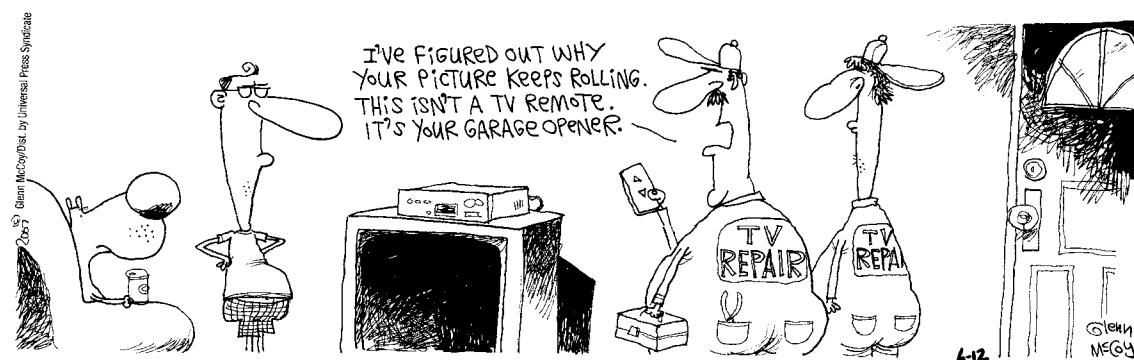
Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

GEMINI (May 21-June 20) Once you begin to tell your story, you'll have your audience in the palm of your hand. Don't take others for granted at this time.

CANCER (June 21-July 22) You have what someone else dearly craves at this time, and you may have to work hard to protect what you feel is rightfully yours.

LEO (July 23-Aug. 22) You won't have to wait long before someone with a lot of clout stands up in defense of your plans and ideas.

VIRGO (Aug. 23-Sept. 22) Take care of business one step at a time. You usually try to consolidate your efforts, but resist doubling up.

LIBRA (Sept. 23-Oct. 22) Travel is sure to be more difficult than usual — but not because you failed to plan as carefully as possible. Some things are unavoidable.

SCORPIO (Oct. 23-Nov. 21) You can learn a thing or two by staying on the sidelines and watching others play the game. You'll

be called to action very soon.

SAGITTARIUS (Nov. 22-Dec. 21) You are beginning a period of increased activity and involvement that will demand the utmost in pacing, timing and self-preservation.

CAPRICORN (Dec. 22-Jan. 19) You may wake to find that the time is ripe for a dramatic change of sorts — and that you're in the mood to do something truly surprising.

AQUARIUS (Jan. 20-Feb. 18) Environmental influences may make it more difficult than usual to begin your routine. Allow for more travel time; expect the unexpected.

PISCES (Feb. 19-March 20) You're ready to take on more responsibility at this time, but someone in authority may feel you need just a little more seasoning first.

ARIES (March 21-April 19) One set of plans may have to be put on a back burner for an unspecified amount of time, while immediate practical matters are addressed.

TAURUS (April 20-May 20) Tell it like it is; there's no reason for you to invent any aspect of the story, or exaggerate in any way. Truth is stranger than fiction.

Letters

Cheers for Sudoku Changes

I READ THE LETTER about the new Samurai Sudoku being too small for print ("New Sudoku Too Small," June 11), and I think that's ridiculous. It

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

may be because I don't need to make little kindergarten notes throughout the puzzle in order to finish it. I like the fact that Express has placed it in a section where it is easy to find, plus it's next to the regular daily Sudoku, which is awesome.

— JABREEL PINCHBACK
Washington, D.C.

Today in History

1776 Virginia's colonial legislature becomes the first to adopt a Bill of Rights.

1939 The National Baseball Hall of Fame and Museum is dedicated in Cooperstown, N.Y.

1963 Civil rights leader Medgar Evers is fatally shot in front of his home in Jackson, Miss.; he was 37. (In 1994, Byron De La Beckwith was convicted of murdering Evers and sentenced to life in prison.)

1978 David Berkowitz is sentenced to 25 years to life in prison for each of the six "Son of Sam" killings that terrified New Yorkers.



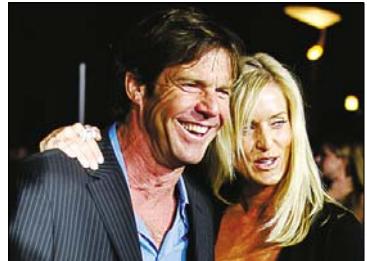
"Tear down this wall," Reagan declared.

1987 President Reagan, during a visit to the divided Berlin, challenges Soviet leader Mikhail Gorbachev to "tear down this wall."

1997 Baseball begins interleague play, ending a 126-year tradition of separating the major leagues until the World Series.

LOOK out

People



It was just killing us, the not-knowing.

BATED BREATH

World Lets Out Collective Sigh of Released Suspense

DENNIS QUAID and his wife, **KIMBERLY**, who are expecting twins by a surrogate mother, know the sex of the babies — a boy and a girl. The couple are the biological parents of the twins, due later this year. The pregnancy was announced last month. (AP)

IMPORTANT ISSUES

Media Should Focus Instead on Lindsay's Rehab

PARIS HILTON says she will no longer "act dumb ... that act is no longer cute." She spoke with Barbara Walters by phone Sunday, a day after releasing a statement saying she hoped the media would focus on "more important things" than her 45-day jail sentence. (AP)



PRETTY GIRLS

Typecast Already

Less than a month after being crowned Miss Universe, **RIYO MORI** is hoping to land another job — a role on the NBC series "Heroes" as a character's love interest. "As soon as I won Miss Universe I had this big chance," Mori said Monday. "I've never acted before. I went to the casting audition and ... they said it was really good. So I hope I can be in the show." (AP)



ASK BETSY

About Student Loans

Making a Large Payment

Dear Betsy,
I am graduating next month and have started to receive information about my almost \$50,000 student loan debt in the mail. My grandparents give all of their grandchildren \$5,000 once they receive their diploma and I would like to apply mine to my loans. How will my student loan company apply the money to my balance? Can I tell them that I want all of it to be applied towards the principal? Will my monthly payment be lower if I do? Thank you for your advice.

Sincerely,
Glenn

Dear Glenn,
If your loans are subsidized (your lender can tell you if you're not sure), and you send the payment in while you're in school or in your grace period, all the money should be applied to the principal. If they are not subsidized, the lender is required to first pay off any interest that has accrued on the loans before applying the remainder to the principal. Once you go into repayment, you

This column, contributed by American Student Assistance®, a non-profit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the Express each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to askbetsyc@amsa.com.



can request that the remaining loan balance be re-calculated to give you a lower monthly payment—or leave it alone, which will result in a quicker pay-off. If you send the money in after you enter repayment, the lender will pay off any interest that has accrued up to that day, and then apply the rest (which will most likely be the majority) of the payment to your principal.

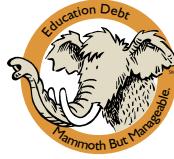
Let me know if you have further questions on this.

Regards,
Betsy

Called to Iraq

Dear Betsy,
My daughter is in the reserves and was called to active duty at the end of January to participate in our current conflict with Iraq. I thought she had taken care of her finances before she left but I've recently been receiving delinquency notices from her student loan company. I'm sure there's no way she can talk to them from where she is — is there anything I can do other than pay the loan?

Thank you,
Mary



Have a question about student loans? E-mail me at askbetsyc@amsa.com

SNORE

Al Gore Renders Even Wild Band Boring As All Get-Go

If you saw the Red Hot Chili Peppers whispering to **AL GORE** when they accepted their Grammy Award for best rock album in February, that's the moment they committed to playing Live Earth. Gore said he met with band members for more than an hour before this



When we can't sleep, we count Al Gores.

year's awards show, trying to persuade them to perform at one of the concerts. While receptive to the idea, they weren't sure they could fit the July 7 concert into their schedule. "I was pushing and pushing them that no matter how difficult it was, that it was important," he said. (AP)

STRATEGY

Translation: We're Selling Out to Make Some Money

A new **STEPHEN KING** thriller will be published in its entirety in the July issue of Esquire. "The Gingerbread Girl," a 23-page novella, will arrive at newsstands Tuesday. "Over the last year, we've been trying to breathe life back into magazine fiction," Esquire Editor-in-Chief David Granger said Monday in a statement. "The best way to do that is to publish nothing other than event fiction—stories that have something in addition to their literary merit to call attention to themselves." (AP)



The novella was actually written by a computer simulation of Stephen King.

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LOOK out

Lay It On Thick

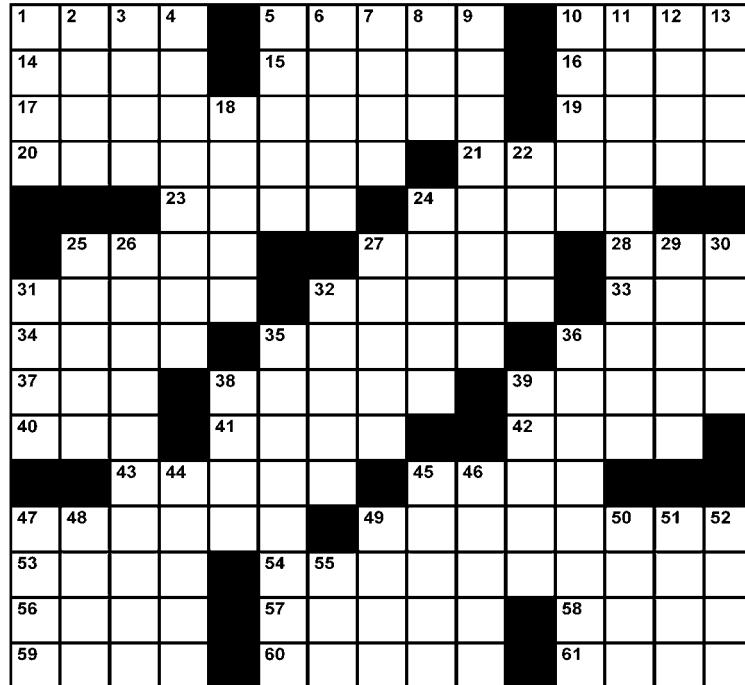
ACROSS

1 Fall guy
5 Fictional elephant king
10 Partially open
14 Clip contents
15 "Kate & ___"
16 Western Nevada city
17 Jimmy Carter had one
19 Gifted with the gift of gab
20 About half the people in revolving doors
21 Coral rings
23 Put aboard
24 Sidekick
25 First victim
27 Type of shark
28 Early jazz
31 Geisel's pen name
32 It has its reservations
33 Cassowary kin
34 Some are fine
35 Exercised one's wanderlust
36 Unlikely, as chances
37 Torched
38 Pivot bar
39 Triangular Greek letter
40 It's only one until you cross it
41 Pre-owned
42 Basker's delight
43 Autumn sight in suburbia
45 Valedictorian's

platform
badge
49 Rudolph or Santa, notably
53 It may follow a shuffle
54 Spreader of the theme answers
56 The younger Guthrie
57 French waterway
58 Pot addition
59 Cheese concoction
60 Broke off
61 Minus

DOWN

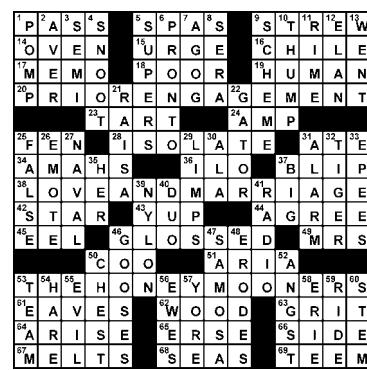
1 Stare in astonishment
2 Warning sign
3 "Amo" follower
4 Lacking in expression
5 Like a whisperer's breath
6 Woodard of "Beauty Shop"
7 "Gil ___ de Santillane" (Le Sage work)
8 Broadcast
9 Said something
10 Vacuum tube gas
11 Santa Claus feature
12 Indigo source
13 Pulls a heist
18 Russian range
22 "Home"



EDITED BY TIMOTHY PARKER

Improvement" prop
24 Supply the reception
25 Condor's home
26 Turkey brand
27 Brought to tears
29 Skips over
30 Nike competitor
31 Dash in the kitchen
32 Hang up?
35 Appear like
36 Like Christmas and Hanukkah
38 Book of the Gospel
Turcotte

Yesterday's Solution



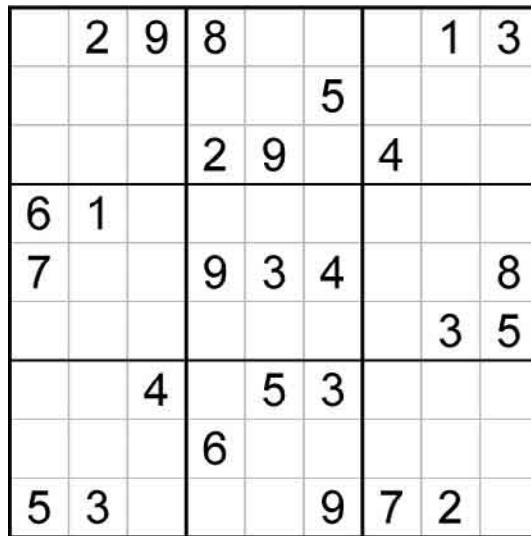
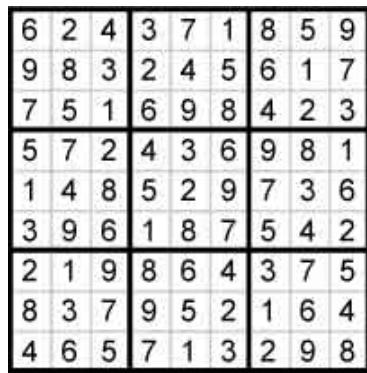
Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yesterday's Solution



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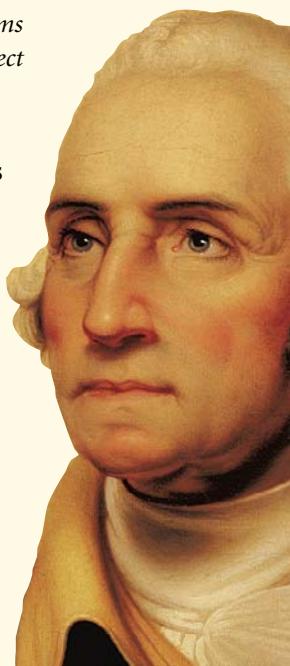
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fit

LOOKS

Skin vs. Sun



What you need to know to arm yourself against wrinkles and skin cancer | **E6**

LOOKS

It's a Fine Line



Actress Virginia Madsen is on a campaign to explain Botox to the masses | **E8**

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By Land or By Sea

It's tough training to triumph in a half Ironman | **E4**

GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



My Husband's Been Possessed by a Slob

Q My husband takes awful care of his health. He's taken up smoking again after quitting two years ago. He doesn't exercise much and eats fast food multiple times a day. He has high cholesterol and blood pressure, but he does nothing. I've threatened him and tried to make him see that his slovenliness and laziness will kill him. —ANNOYED IN VA.

Really? When I'm threatened and called a slob, I usually shape right up!

Your husband probably feels a lot worse than you think. And the more miserable he is, the less hope he'll have that he can break this cycle. Now is not the time to knock



him down — get out your spackle, because you need to build him up.

As his wife, there are ways you can help at home. Go to the super-

market together for healthful lunches and snack foods. Try to get him to take walks with you or, better yet, help him find some activity he'd be

willing to try for just a few minutes at a time (anything from ballroom dancing to sparring with a Ryan Seacrest dummy). Encourage him to cut back to one cigarette per day and aid him in identifying something he can do with his hands and mouth as a substitute. (Gum? A rubber band around the wrist?)

Most importantly, tell your husband you're coming from a place of love. He's probably too overwhelmed to imagine revamping his whole lifestyle, and that's exactly why you need to start small, and by his side. There might be a major stressor in his life responsible for this backslide, and you've got to try to draw him out about that, as well — something you can do as comrade, but not as drill sergeant.

Q Lately I've been very jealous of my co-worker's success. We used to be good-enough friends, and I trusted her, but now I'm wondering if she's willing to stomp on oth-

ers to get ahead. Though we're still sugary-sweet to each other, something has changed inside me. Am I just jealous?

—WORKING WOMAN

As any spurned 8th-grader can tell you, jealousy and lack of trust are fuel to each other's fires. If your coworker's sugary-sweet facade was the real deal (and perhaps gave way to a yummy Bavarian cream filling), then this might just be a case of green-with-envy disease.

It seems more telling, however, that you have suspicions that she's not on the up-and-up. This means more than just jealousy; perhaps you're also smarting from the sting of betrayal — making reveling in her success a very unlikely prospect. Try to get some space and focus on your own goals, to help yourself cool off, and also to get a little further away from the possible line of fire.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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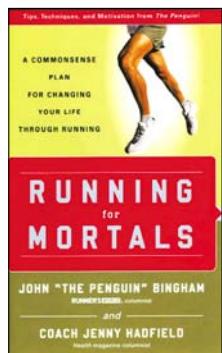
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Running Rules For Every Body

SKINNY NINNIES with endless legs aren't the only joggers out there. "Running for Mortals" (\$15, Rodale) by John Bingham and Jenny Hadfield preaches the gospel that anyone can be a runner. Bingham, a columnist for Runner's World, didn't get his start until he was 43; on his first outing, he only managed a quarter-mile. They guide readers through the basics of picking shoes, planning workouts and making sure not to overdo it.

Pleasure From Pressure

THE EGYPTIAN PYRAMIDS are wonders of the world. Dr. Stacey Smith's similarly shaped tool, the Trigger Triangle (\$20, triggertriangle.com), isn't quite as awe-inspiring. But the set of two slightly squishy objects (one big and one small) can be shoved into various pressure points around the body to relieve pain and work out the kinks. Cher and Tina Turner are reportedly fans, but you could probably do just as well poking yourself with a large eraser.



NEW IN HEALTH warm ups

Away, but Not Forgotten

IF CARE PACKAGES stuffed with sweets don't ever make it to the cabin, how is a child supposed to survive sleepaway camp? Kids with allergies (and their bunk-mates) get a raw deal if they're banned from anything with peanuts, tree nuts, milk and eggs—unless they command their parents to ship them supplies from Divvies (divvies.com). The New York company churns out caramel corn, cupcakes, candies and, most miraculously, scrumptious chocolate chip cookies, all from a facility banning those common allergens. But sorry, celiacs—the baked goods come complete with wheat, so you'll still be hungry after canoe class.

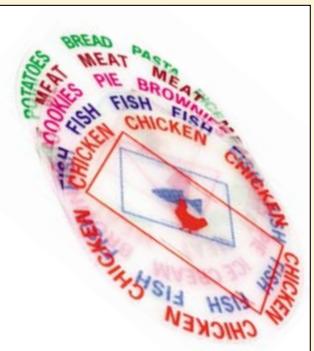


To Go: Stir It In, Sip It Up

IF YOU'VE EVER wondered, "Why can't my laxative supplement taste like a Vitamin Water?" you need to take a swig of Metamucil's new "Berry Burst!" flavor (\$13, CVS). (Yes, the exclamation point is part of the name.) The sweet unidentifiable mixture of fruit taste comes from artificial flavors, and it's sugar-free thanks to the wonders of aspartame. And with its dose of psyllium husk fiber, you'll stay as regular as ever.

| PRODUCTS

GuineaPig



Eating Like a Disc Jockey

YOUR HUMAN DIET PALS AREN'T helping you stay strong with their constant moaning about Ben & Jerry's. So find new friends, like Portion Pals (\$18, portionpal.com). The translucent discs quietly inform you how big your slab of chicken, meat or fish should be, how much a side you can shovel on your plate and how to cut your allotted dessert.

It's a cute idea, and as cutting boards, they're ideal for handling an individual serving. But they're too simple for their own good. The flat squares don't take thickness into account, nor do they seem to care about the exact content of the food. Is there skin on that chicken? If I'm eating brown rice, do I really only get a teeny scoop? And what about dairy and vegetables? Trying to cut a bagel (a whole wheat one!) down to size on a circle that resembled its inner hole proved so frustrating, I just ate the entire thing.

VICKY HALLETT (EXPRESS)



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| THE EXPERTS

The Misfits**Mall Moves**

Q I'm training with a co-worker to walk a marathon, and we do long walks on the weekends around Washington but are at a loss for where to go when it's raining. Do you have any ideas? —ALEXIS

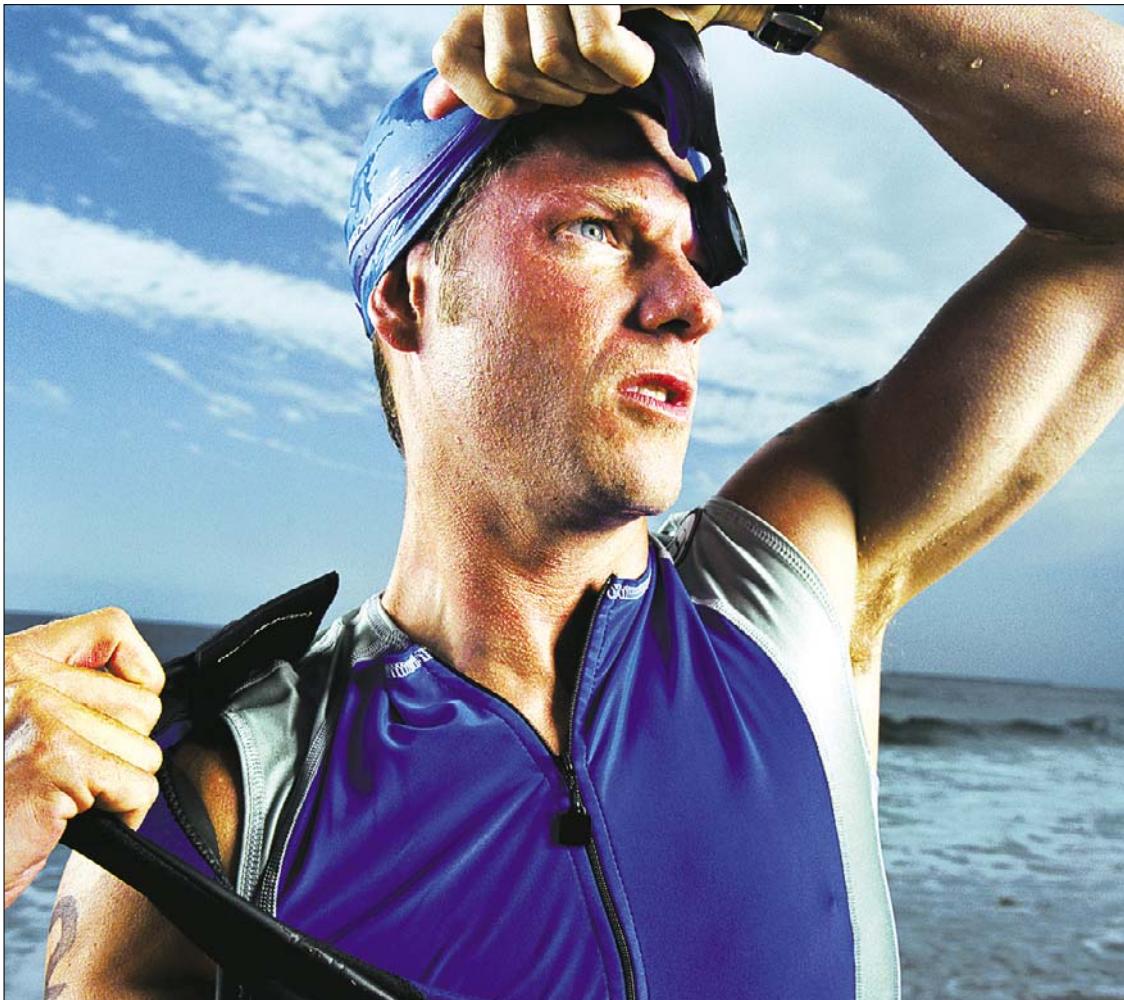
Where do all good red-blooded Americans go when it's raining? The movies or the mall. But while your local cineplex probably has a pesky \$10 cover charge (and way too many seats to trip over in the dark), you can hit the halls of malls for free. It's a wonder of our consumer culture.

I've trekked the various levels of Westfield Shoppingtown Montgomery (a.k.a. Montgomery Mall) with Suburban Hospital's Stepping Out club, and can assure you that it's possible to loop by Nordstrom, L'Occitane, the Piercing Pagoda and the food court for hours.

Formal walking clubs tend to meet super early on weekday mornings, before the stores open; you'll have a very different experience on a weekend. But dodging gaggles of teenage girls might raise your heart rate, and any shopping bags you pick up along the way can help you incorporate some upper-body action into your walking workout.

And downtown in D.C., you can take advantage of the Mall—it may be a grassy uncovered space, but the museums around it are happily climate controlled. Dash between buildings, keep up the pace and take in some culture at the same time. And no cheating—skip the moving walkways between the buildings of the National Gallery. That'll definitely get your pedometer working.

Vicky Hallett is one of the Misfits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact The Misfits at fitness@washpost.com.



GETTY IMAGES

If such a feat sounds impossible, think about this: Rob Sokol, 36, another D.C. Tri Club member, did the Eagleman on Sunday in preparation for his first Ironman later this year. But when he first got into the sport, he was basically clueless: "I never ran track. I didn't know how to swim. I used breaststroke because

"If you do an Ironman, it's going to hurt no matter what you do."

I didn't know you could swim freestyle that far. And I rode a mountain bike." (To ace a triathlon, you need a road model.)

Today, Sokol is as savvy as they come. He's hired an online coach and he exercises 11 times a week. He thinks constantly about his nutrition, and is now acquainted with a formerly unheard of ritual called "breakfast." Although the physical aspect is challenging, there are plenty of side benefits. He sleeps better and doesn't feel stressed — how could work seem daunting when he's in for a full day of bodily torture?

The promise of improved health lures many a triathlete. Former swimmer Paul Contino, 26, figured tri training would get him back into shape, and boy, did it. After a year, he's now planning his first Ironman. "I slimmed down and got my muscle back, and it made me want to eat better because I'm a lot more in tune with my body," he says.

Contino's schedule calls for 15 hours or more a week of running, swimming and biking — tricky for most to pull off. But Churches says she trains four to 12 hours per week for the Eagleman, which is much more doable for folks who don't want to think of exercise as a part-time job.

Just ask Adrian Fenty, who was also seen in Cambridge over the weekend. The athletic D.C. mayor completed his first half-Ironman (in an impressive 5:08), and like so many of his competitors, he wants to push himself more. "I'd love to do a full, but I don't know how I'll squeeze in the training," he says. Given that his schedule already calls for eight workouts a week, that dream may have to wait a while. **VICKY HALLETT (EXPRESS)**

Tri and Tri Again

What athletes need to do to become Ironmen

A 1.2-mile swim, followed by a 56-mile bike ride and a 13.1-mile run sounds like what an action hero would do to escape evil captors. But more than 1,600 people — with no bad guys in pursuit — willingly hopped into Cambridge, Md.'s Choptank River on Sunday for the Eagleman triathlon.

"I get bored and I need to do something new because it's a challenge," explains D.C. Tri Club member Cory Churches, 38, who did her first Eagleman last year. A challenge it certainly is — along with a bit crazy, as the distance is twice that of an Olympic triathlon. A lot of the folks who do it also compete at the next level: The Ironman, twice the length of the Eagleman.

When Churches' fellow D.C. Tri member Sean Ward, 36, first got into triathlons, he was a marathon runner looking to scale

back. That didn't quite work out, as he's now done five Ironmans — which end, of course, with full marathons. His training requires two hour-long workouts a day Monday through Friday, seven hours on Saturday and four on Sunday. Even so, it's hard to feel prepared. No matter how many times he's launched himself into

the water, the inevitable kicking and punching of his fellow swimmers remains awful.

"If you do an Ironman, it's going to hurt no matter what. You cannot be averse to pain and suffering," Ward says. "But when it's over, it feels good." (Especially when you post a good time — he finished Sunday's race in 4:29.)

CRYSTAL CITY IS ON A ROLL

■ Looking for a place to get your body up to speed for a triathlon? Crystal City doesn't want you to forget about it as a prime fitness destination, full of biking and running trails. So its Business Improvement District is launching Crystal FIT this Saturday with Crystal Rides, a new bike race featuring amateurs and pros spinning their wheels all over the Arlington neighborhood. The action kicks off at 8 a.m. with the amateur races on Crystal Drive, then moves over to 23rd Street for a celebrity trike race — featuring such luminaries as the mascots for the Capitals and the Wizards, local meteorologists, Arlington County board members and a "famous female impersonator" on 15-inch pink tricycles. Then it's back over to Crystal Drive to see what the pros can do. Look out for more events later in the summer, including closed-off roads for in-line skating.



workout, it will come later because the body's first priority is recovery. If you don't feel the euphoric effect, it means either you should go harder or you're doing too many back-to-back high-intensity days. Overtraining can lead to moodiness, Arent says. So don't overdo it.

5 You want to get busy. Next time the slothful (but charming) man in your life says the gym is a rip-off, explain this: Exercise turns you on. Recently, University of Texas researchers had 35 women cycle vigorously for 20 minutes and then watch an X-rated film. On a separate occasion, the women watched the film without working out. Researchers calculated the women's sexual response by measuring genital blood flow and discovered that it was 169 percent higher after exercising. Exercise boosts blood flow down there, heightening arousal. The friskiness will last at least 20 minutes post-workout, so get home fast.



YES PAIN, NO GAIN

■ A little discomfort is okay, but if you feel a sharp pain anywhere, stop what you're doing and consult a doctor, says exercise physiologist Dayna Davidson. Delayed-onset muscle soreness is normal 24 to 72 hours after a new or especially challenging workout—but acute pain during or immediately after any workout isn't. To prevent injury, follow this list to make sure you're feeling your exercise in all the right places. If not, consult a certified trainer who can help you tweak your form.

BENCH PRESS: Feel It Here: Anterior deltoids (fronts of shoulders), chest, triceps. Not Here: Rotator cuffs (backs of shoulders).

BICEPS CURL: Feel It Here: Biceps, forearms. Not Here: Lower back, pulling between the shoulder blades.

CRUNCH: Feel It Here: Rectus abdominus (abs). Not Here: Lower back, neck.

LAT PULLDOWN: Feel It Here: Biceps, latissimus dorsi. Not Here: Elbows, shoulders.

LEG CURL: Feel It Here: Hamstrings. Not Here: Backs of knees.

LEG EXTENSION: Feel It Here: Quads. Not Here: Fronts of knees.

RUNNING: Feel It Here: Leg muscles. Not Here: Ankles, hips (any sharp or shooting pain), knees.

SPINNING: Feel It Here: Thigh muscles. Not Here: Lower back, shoulders, upper back, wrists.

SQUAT: Feel It Here: Glutes, hamstrings, quads. Not Here: Knees, lower back.

SWIMMING: Feel It Here: Back, chest, core. Not Here: Ankles, knees, rotator cuffs.

TRICEPS EXTENSION: Feel It Here: Triceps. Not Here: Elbows.

Is It Working Out?

Seven signs that you're sweating successfully

Few things in life provide instant gratification. But you can add exercise to that A-list if you know what to look for.

These seven signs mean you're well on your way to incinerating fat and maximizing your strength and endurance. It may take a few weeks before you sport spandex at the gym, but it's possible to know within 24 hours of a workout if you're exercising smart. Just look for these telltale clues.

You feel like Rocky.

No, you're not slurring your words (that would be a bad sign)—you simply feel strong. What used to be a 30-minute treadmill death march now whizzes by, and you can do a pullup for the first time since, well, ever. Rate your level of "perceived exertion"—how challenging the workout feels—using a scale of 1 to 10, where 10 means you don't have enough breath to hold a conversation, suggests Bill Sonnemacher, C.S.C.S., director of strength and conditioning at Catalyst Fitness

in Kennesaw, Ga. If you're training properly, that number should go down every few weeks. When you dip below a 5, it's time to up the intensity.

2 You're positively on fire.

Burning sensations during a bikini wax: bad. Burning sensations while weight training: good. "A burning [feeling] in the muscle lets you know you're challenging the body's threshold," Sonnemacher says. Technically speaking, it means the body isn't producing the amount of oxygen the muscles need for energy. You should feel your muscle fibers heating up during the last third of your reps or run (and during speed bursts). If you're lifting with little exertion, add more weight. If you're running or cycling, add 1- to 2-minute sprints every 3 to 5 minutes.

3 Your heart recovers fast. "As your fitness improves, your heart increases its stroke volume—the amount of blood that's ejected from the heart

each beat," says Dayna Davidson, an exercise physiologist in Tampa, Fla. "When the heart doesn't have to pump as often, you notice a decrease in your heart rate." A simple formula for gauging progress: Take your pulse both before and after your workout. Your heart rate should return to its pre-workout rate within 5 minutes. If it takes longer to drop, scale back your workout. If recovery takes less than 2 minutes, you're just being lazy.

4 You're an addict.

Exercise is the most effective over-the-counter happy pill available. "Physical activity increases the neurotransmitters that are used by your neurons to communicate with each other and can influence your mood and your response to stress," says Dr. Shawn Arent, C.S.C.S., assistant professor of exercise science at Rutgers University. You'll most likely notice the "high" minutes after moderate-intensity exercise like resistance training. After a more demanding

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6 You've got insta-guns. There's a reason models do pushups before photo shoots—it makes them look more chiseled. When you lift a dumbbell, your muscles contract and put pressure on the blood vessels, temporarily impeding the normal flow of oxygen and blood to the muscles. When you're done, backed-up blood rushes in and pumps you up. The effect lasts about half an hour. If you don't notice growth, you may not be targeting the muscle properly. Have your form checked. If all's well, up your weights.

7 You don't raid the fridge.

If you're hungry after what was supposed to be a high-intensity workout, you took it too easy. The workout-induced appetite lull occurs because the area of the brain that regulates hunger decreases when you're hot. Exercise also stimulates the secretion of a hormone that suppresses hunger. Although you shouldn't feel hungry for 1 to 2 hours after a butt-kicking workout, you should try to eat a snack, such as a handful of trail mix, within 20 minutes to speed recovery and prevent yourself from diving headfirst into a bag of Doritos when the effect wears off. KATIE MCDONALD NEITZ (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Here Comes the Sun

Baking and basking are bad, but you can brave the rays wisely

Except when eating a tasty vindaloo, burning sensations are never a good thing. And when it comes from basking too long on a beach blanket or ditching your hat during that three-hour softball game, you could be causing a heck of a lot more damage than an unsightly tan line.

A trusty bottle of SPF 30 is still your best weapon in the battle against the sun's wrinkle and cancer-causing rays, but you can do more, says Cheryl M. Burgess, Assistant Clinical Professor of Dermatology at George Washington University Hospital and Georgetown University Hospital and Medical Director of the Center for Dermatology and Dermatologic Surgery.

Protection starts with smarts. So forget whatever your cousin told you about the importance of a base tan. Hopping under the lights of a tanning bed before hitting the beach only subjects your skin to more damage. Nor does a fake-bake-in-a-bottle offer any protection. "That's just a dye that attaches to the skin cells to give you that honey glow," Burgess says. Unless there's sunscreen in them, you can burn as if you didn't apply it at all.

What if you're one of those lucky souls who can't burn? Unless you're a superhero, think again, says Burgess. "If your skin gets darker because of the sun, you've burned," she says. The dark-complected aren't off the hook, even if you never turn red. If your skin is lighter beneath your sleeves, you're busted.



A morning smear of sunscreen is right on, but reapply when you head out for lunch — the most dangerous hours are between 11 a.m. and 2 p.m. Do it again before happy hour — sunscreen generally lasts only two hours before you sweat or rub it off. "Even out of peak hours, those rays are still penetrating," Burgess says.

Long drives require extra protection, too. If you're planning on getting behind the wheel, pay close

attention to dousing your left side in sunblock, and think about asking an auto-repair shop to put UV shields in your car windows. Same goes for windows in your home or office.

Many foundations and lipsticks these days come with SPF heft, and Burgess also recommends mineral makeup. With flakes of silver, gold and other substances, it reflects the light away from your skin. "It looks very natural," she says

— although it's harder to pull off if you're a dude.

And you've heard of SPF, but what about EPF? "Environmental protection factor" is a rating used for antioxidants, explains Burgess. All of those miracle foods you're supposed to eat a lot of — like green tea, vitamin C and vitamin E — also may have benefits for the face when applied topically.

Idebenone might not sound as familiar, but it tops the EPF scale,

which is why certain creams employ it to add to their sun-shielding powers. "The process of oxidation, which makes us age, occurs on a daily basis. But this can trap and grab free radicals, so it goes beyond sunscreen," says Burgess, who likes Prevage by Elizabeth Arden.

Pledging allegiance to a healthy skin regimen now is lovely, but don't forget about checking for any damage you let slide before. A dermatol-

If your skin gets darker because of sun exposure, you've burned.

ogist can give you a once-over, but between visits, know what to look out for. With moles, worry if any look asymmetric, develop an irregular border, turn multiple colors or grow bigger than a pencil eraser. Rough patches might be squamous cell carcinomas or actinic keratosis. (Don't worry, you don't need to know how to pronounce them.) "They're like running your hand against sandpaper," Burgess describes. And while the majority are harmless, you don't want to be in the unlucky 10 percent who let suspicious patches develop into skin cancer.

Freckles, however, aren't going to bite. Keep a close watch on areas speckled with the brown spots, though. "It's a telltale sign that this may be where something else develops because it's been exposed. It's a clue to where patients need to be monitoring more," Burgess says.

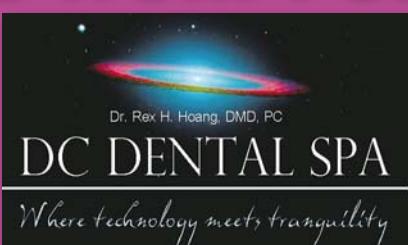
Bet you're not going to forget that baseball hat next time, huh?

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**The Spray**

← One major pro of aerosol sunblocks like Aveeno's: They're easy to apply swiftly to unwilling sunscreen wearers, like wriggly children. We still ended up rubbing the stuff in, though, as it formed weird little droplets on our arm hairs. TMI? Deal with it. (\$10, drugstores)

4 score

THE LATEST INNOVATIONS IN SUNSCREEN

**The Gel**

→ Putting rubbing alcohol on your skin is cooling. Which is why Neutrogena's Fresh Cooling Sunblock Gel is cooling—the main inactive ingredient is ethyl alcohol. It evaporates pleasantly fast, leaving a thin film of sunscreen behind. Not recommended for paper cuts. (\$10, drugstores)

The Wipe

→ Oh come on, MD Skincare. Can't you just say "packet" instead of "packette"? We'll give these wipes a pass for that bit of pretentiousness, because they're easy to carry and don't reek of perfume and/or coconut. A bit pricey, though. (\$42 for 60, Ulta and Sephora)

**The Newbie**

← It's not often a new sun-screening ingredient comes along—it was 1988 when the FDA last approved one. Anthelios contains Mexoryl, a UVA filter that debuted in Europe. But it only comes in an SPF of 15, and it's not waterproof. This is a light-use daily formula, not a beach-bag staple. (\$34, drugstores)



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University of Virginia

Madsen is on a mission to spread information about Botox safety

Wrinkly foreheads are an endangered species in Hollywood, but most stars deny that their youthful appearances come from anything other than expensive creams and perfect genes.

Virginia Madsen's rare candor — yep, she's used Botox for years — has gotten her a new off-screen gig: Spokeswoman for the "Keep the Wisdom, Lose the Lines" campaign. It's sponsored by Allergan, the maker of Botox (an injectable line reducer for the forehead) and Juvederm (a facial filler).

Why did you start using Botox?

My doctor recommended it because I'd been a bad sufferer of migraines. My son was 5 years old, and I was doing a lot of things to change my life. I started doing Pilates, was eating right, not smoking. And I had to rid myself of the headaches. But

when my doctor suggested it, I was horrified. I had the dilemma that I didn't want my forehead to be frozen. I'm an actress — I want my eyes to crinkle. But I did research online. The first dermatologist I went to scared me. But I met other people, and I settled on a husband and wife who suggested conservative use of the product. I wasn't going to let them come at me with a needle until they answered all of my questions.

That helped with the headaches? And had an aesthetic effect too?

Yes, I lost the 11 between my eyebrows. I liked that.

But a lot of people in Hollywood don't look good after Botox. Why? I've gotten invited to Botox parties. One was at a hair salon. Why would anyone let some Doctor Feelgood inject them with something? I talk-



GETTY IMAGES

ed my friend out of going. Go to a doctor's office and get this done in a medical environment. The frozen look is the exception, not the rule. I don't like the message that women shouldn't have expression.

How often do you get it done?

Twice a year. Mine lasts a long time now because your muscles forget how to frown. But I have to remember to do it before I need it or the headaches return.

Does it hurt?

You're getting an injection, so it depends on your pain tolerance. I'm a real baby when it comes to pain, so I use a numbing cream.

What else do you do to look good?

The main thing is that I exercise. Sweating opens your pores and keeps you younger-looking. I don't need to look like I'm 25, but I want to look like me. So I don't smoke — and I love smoking. I just can't do it anymore. And I exfoliate.

Have you always been concerned about your skin?

I was never one of these people who lays in the sun in baby oil. My parents were fanatics about suntan lotion and it really protected my skin.

You've also used Juvederm, right?

I started when the quotation marks around my mouth turned into parentheses. It's a sugar-based product we have in our bodies that I'm simply replacing. I never wanted to do anything else, but we'll see. Whatever it is, it has to be subtle. A lot of women have these cookie-cutter faces, and I think if I suddenly looked altered like that, I'd ruin my career. VICKY HALLETT (EXPRESS)



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Alternative Fuel Sources

If diet alone is not keeping you energized, can supplements help?

Pharmacies are stocked with bottles of supplements and herbal pills whose labels claim they'll keep you going and going.

For some straight answers, we asked nutrition experts which supplements help fight energy drain and which ones simply drain your wallet.

GINSENG

WHAT IS IT? An herb that's supposed to make insulin more efficient at converting sugar in the blood into fuel

SHOULD YOU TAKE IT? Only in small doses. Researchers at the University of Connecticut reviewed the results of nine studies on ginseng usage and found that in doses of 200 mg or less, ginseng does enhance mood and energy levels. Higher

doses, however, were no better for people than lower ones.

GUARANA

WHAT IS IT? An herb that's a natural source of caffeine

SHOULD YOU TAKE IT? You can, but beverages that contain caffeine are cheaper. "Most guarana supplements provide a boost in energy similar to what you'd get from drinking a Pepsi," says Dr. James Duke, author of "The Green Pharmacy." However, the spike is temporary and you can build up a tolerance.

L-GLUTAMINE

WHAT IS IT? A molecule your body stores in the bloodstream and converts into glucose as needed

SHOULD YOU TAKE IT? No. "Glutamine



ISTOCK

can be useful in preventing alcohol cravings and boosting immunity, but there's no research to show

that it can help increase energy levels," says Dr. Alan Gaby, a medical nutritionist

L-CARNITINE

WHAT IS IT? An amino acid that helps move fat cells through the body so they can be burned as energy

SHOULD YOU TAKE IT? Yes. Your body's demand for the substance may exceed its natural production. "A carnitine deficiency could definitely lower your energy level," says Dr. John Beard, a professor of nutritional science. Take between 250 and 500 mg a day.

NADH

WHAT IS IT? A molecule your body uses to make new cells

SHOULD YOU TAKE IT? It might help. German researchers found that people who took 20 mg of NADH after a long flight were more energetic and scored higher on memory tests than those who did not. And Georgetown researchers found that more than 80 percent of people with chronic fatigue syndrome reported feeling more energetic after using NADH for 18 months. SCOTT QUILL
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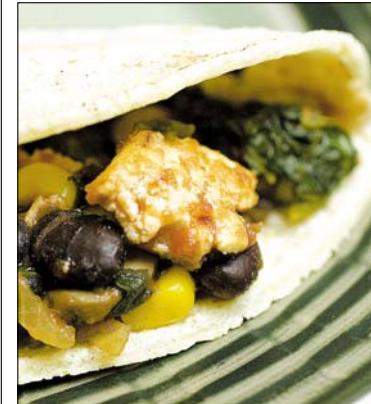
SERVES: 4

INGREDIENTS: 14-ounce package extra-firm tofu; 2 teaspoons extra-virgin olive oil; 2 cups frozen chopped spinach (bagged variety, not the frozen blocks); 15½-ounce can black beans, drained and rinsed; 1½ cups sliced button mushrooms (about 4 ounces); 1 cup fresh or frozen corn kernels; 1½ cups prepared picante sauce; 8 corn tortillas, warmed (optional)

MAKING IT: Drain and rinse the tofu, then pat dry. Slice the block crosswise into eight ½-inch-thick slabs. Crumble each slice and set aside.

In a large nonstick skillet, heat the oil over high heat. Add tofu in a single layer. Cook, without stirring, until the pieces begin to turn golden brown on the bottom, about 5 minutes.

Gently stir, then continue cooking, stirring occasionally, until all sides are golden brown and a bit crisp, another 5 to 7 minutes.



Add the spinach, beans, mushrooms and corn, then sauté until the vegetables are just cooked, another 5 to 7 minutes. Stir in the picante sauce and cook, stirring often, until heated through. If desired, serve with warm corn tortillas. (AP)

291 calories, 10 g fat (2 g saturated fat), 0 mg cholesterol, 34 g carbs, 21 g protein, 760 mg sodium, 9 g fiber

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concrete, positive changes? When you can answer yes to both, talk to your M.D. about quitting. Once you have the green light, you'll taper off your meds for a couple of weeks to several months.

Next, create a checklist of very specific depressive symptoms that you've suffered in the past. Be pre-

"I've finally just come to accept that I have these wonky brain molecules."

pared to discuss a return to antidepressants if these symptoms linger for more than a few days. Finally, enlist a close friend as your emotional watchdog.

Walk the Talk

Whether this is your first or third time battling the big D, you don't need to rely on pharmaceuticals alone. New research shows that combining antidepressants with cognitive behavioral therapy (CBT) can have a near-Kryptonite effect on the black dog. CBT is a short-term (just 16 to 20 sessions), no-nonsense approach to therapy with a straightforward goal: to help people unlearn depressive ways of thinking. A recent 3-year study found that among 700 people who were chronically depressed, 85 percent improved significantly — or saw their depression disappear altogether — after just 12 weeks of an SSRI plus CBT. We feel better already. SHELLEY LEVITT (REPRINTED WITH PERMISSION FROM WOMEN'S HEALTH MAGAZINE © RODALE INC.)

| STUDIES

Stethoscope

Your Sis, Your Sanity

■ Maybe she did steal your favorite Garbage Pail Kid 20 years ago, but it's time to let go of the grudge. According to a report in the American Journal of Psychiatry, men who didn't have close relationships with siblings were more likely to be depressed by age 50. The 68-year study found just one other predictor of depression: Family history. It's unclear whether the lack of family bonding is an early sign of depression or a contributing factor, however.



Money for Nothing

■ Teens apparently aren't spending all their extra pocket money on video games and designer jeans. In the UK, at least, they're opting for liquor. British researchers studied more than 10,000 15- and 16-year-olds and found that those who got the most cash from their parents (more than \$20 per week) were the most likely to booze it up in tacky public spaces like street corners. So cut back on the allowance and invest in wine to serve with dinner — kids who drank with mom and dad are less likely to binge.

Did We ... Uh ... ?

■ If there's one thing in life that's worth being awake for, it's sex. So feel very sorry for those afflicted with "sleepsex," which is like sleepwalking, but with, you know, sex instead of walking. In the June issue of *Sleep*, researchers offered a classification system for this behavior, describing cases like a 28-year-old woman whose "nightly moaning and fondling" disturbed her family's sleep.

Don't Pause Pills

A vacation from meds may not be a good idea

If you're taking an antidepressant, chances are you've gone off your meds a few times. But new research shows that's no way to beat the blues.

The next time you're powering your way through spin class, take a look at the 30 other women sweating around you. Five of them have taken antidepressants at some point in the past year. Statistics show that a whopping 60 percent of people who begin popping one of these pills on Memorial Day will have given up by Labor Day. But new research shows that an on-again, off-again relationship with antidepressants can have far more repercussions than anyone realized.

Blues Clues

If you're on medication, you've probably skipped a random Saturday or tried life sans Lexapro for a week, just to see if you could thrive without the drug. "Everybody does it either a little or a lot," says psychiatrist Eve Wood, author of "10 Steps to Take Charge of Your Emotional Life." "Because everybody would rather not be on medication, and, understandably, no one likes the

idea of being on drugs for the rest of their life."

I Can't Quit You

No one can predict what life will look and feel like once you stop the pills. Take Caleigh Wright (not her real name), 27, who began taking Prozac in college. A few years ago, she decided to experience life unmedicated. When she quit, though, her symptoms returned. She returned to the drug within weeks, then repeated this scenario a few more times, hoping each time her depression would be gone. "I've

finally just come to accept that I have these wonky brain molecules that need help," she says.

Stop Signs

OK, but it also doesn't make any sense to take a drug you no longer need. The latest guidelines for stopping go like this: The first time you're diagnosed with clinical depression, stay on antidepressants for 6 to 9 months. When you begin to wonder if it's time to be drug free, ask yourself: Have my moods — and life — been stable for a few months? Have I made



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have chronic burning pain, especially in your arms, hands or legs? Are the areas that hurt also ultra-sensitive to high and low temperatures? Do they sweat a lot, or feel hot to the touch? **YOU MAY HAVE COMPLEX REGIONAL PAIN SYNDROME**, aka reflex sympathetic dystrophy, aka "that thing Paula Abdul has." The disorder usually starts out with a hand or foot injury. The nervous system overreacts, producing pain out of proportion to the original damage. Paula, who wasn't accurately diagnosed for 25 years, says her CRPS began with a cheerleading injury at the age of 17. Not a symptom, however? Acting deranged on national television.

SOURCE: RAREDISEASES.ORG, PEOPLE MAGAZINE. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.



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